PARANORMAL UNDERGROUND®

Volume 10 | Issue 2 February 2017

THAMES SOCIETY OF PARANORMAL INVESTIGATIONS

The Real Science Behind ZOMBIES

11 MOST HAUNTED PLACES IN GEORGIA

THE LIZARD MAN OF LEE COUNTY

Effective Meditation Techniques

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- 6 Facts You Need to Know About the New Horror Movie 'Rings'
- UFOs on the Set of an American Television Series
- How to Use Crystals to Clear Electromagnetic Energy
- The Spiritual Bond Between Humans and Animals

Oregon Ghost Conference
March 31, 2017 - April 2, 2017

Seaside Civic and Convention Center
415 First Avenue, Seaside, OR 97138
http://oregonghostconference.com

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Winter has been an occultist and paranormal researcher for nearly 20 years. She has been published repeatedly since 2009 and has also been the subject of interviews regarding both areas of expertise.

Writing and witchcraft have always remained close to Winter's heart, feeling both require a profound understanding of one's self and environment. When she's not exploring the macabre and bizarre, Winter enjoys reading tarot, as well as writing poetry and short stories. All of her work can be viewed on her Website.

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As an investigator and evidence analyst with Spectral Tech, a paranormal investigative group that serves the surrounding Memphis area, Bob and the team try to help their clients find answers while helping to educate them about the paranormal in the process.

As a special projects manager primarily involved in process engineering, and because documentation and analysis is paramount to serious investigations, Bob was drawn to take more than a passing interest and become actively involved in the study of different paranormal phenomena.

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KAREN FRAZIER

Karen is a psychic medium and cohost of *Paranormal Underground Radio*. She is the author of *Avalanche of Spirits: The Ghosts of Wellington*, *Dancing With the Afterlife*, and *Pioneer Spirits: Investigating the Haunted Lewis County Historical Museum*.

Karen holds a bachelor's and master's in metaphysical science from the University of Metaphysics, as well as a Ph.D. in metaphysical parapsychology from the University of Sedona. She is an ordained minister/metaphysical practitioner with the International Metaphysical Ministry and an Usui Reiki Master/Teacher. She has completed courses in energy healing, including quantum touch, crystal healing, sound healing, and aromatherapy.

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Willie is a shaman and supernatural consultant. He works by himself, as well as with his wife, Schmon. He belongs to the Paranormal Clergy and Dominion Ministries. Willie is the author of two books detailing his 50-year journey in the paranormal, *The Shaman Windwalker* and *Soul Warriors*.

Willie has appeared on A&E's *Cursed: The Bell Witch* (2015) and CMTs *Most Shocking Ghosts* (2004). He also hosted his own public access show for 12 years, called *Spiritual Gifts and Wonders*, based in his hometown of Louisville, Kentucky. He also has his own group of sensitives, called Soul Warriors, who are based all over the US.

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Cheryl's previous magazine experience includes roles as senior and managing editor for several business publications.

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JUSTIN P. NOVAK

Justin is a writer, producer, director, camera operator, digital imaging technician, actor, video editor, Website designer, paranormal researcher, adventurer. and all-around nerd. Having worked for such production companies as LionHeart FilmWorks, Hypereal Productions, Gingrich Productions, and GWAR, he is most famous for such television series as *Legends & Lies: Into The West* (FOX), *Making of the Mob* (AMC), *Facts vs. Fiction* (AHC), *Midnight Frights* (PBS), and *Sleazy Pictures After Dark* (OSI74).

Realizing at a young age that he wanted to save the world through art, with film as his medium, he worked his way up from production assistant to director, and finally producer. His hobbies include science fiction and fantasy novella, comic books, animation, 80's music, 20th Century video games, and, of course, the paranormal. Justin is currently working on the world's first virtual reality, feature-length horror/comedy film.

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Michelle loves to travel and try new things, whether it's a paranormal investigation of an old Vaudeville theater or climbing Mayan temples in Belize. She has a BGS in history/business with an English minor and a photography degree. She is the co-owner of www.TheRavenBooks.com.

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Obaidur is a Dhaka, Bangladesh-based writer and author of books titled *The Mystic Inferno* (an English book of poetry); *Knowledge: The Collective Writings of Obaidur Rahman*, a collection of his non-fiction published writings and articles; and *The Search for Extraterrestrial Life in the Universe*, which is centered on the possibility of extraterrestrial lifeforms in the Universe. Currently, he is working on several new books.

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Nicole is the founder and director of the San Diego Paranormal Research Society and serves as the team's EVP specialist and historical locations case manager. She has been actively investigating historical landmarks and private residences for paranormal activity since the early 2000s after a profound experience with the spirit of her beloved grandmother.

Nicole is also a member of the Ghost Research Society and was appointed to the GRS Southern California Area Research Director position in 2009. She also serves as a California Representative for the American Spectral Society and is the author of *Field Guide to Southern California Hauntings* and *The Haunted Queen of the Seas: The Living Legend of the RMS Queen Mary*.

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Matt is currently unemployed, is vision impaired, and has worked and studied in various areas of employment. He loves writing and contributes weekly to *The Paranormal Guide* with articles on varied subjects, but mainly discusses cryptozoology and UFOs. He shares his articles on his own Facebook page, "Marvels and the Macabre With Matty."

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A freelance writer, Chad is the publisher of *Paranormal Underground* magazine. His interest in the paranormal led to the creation of www.ParanormalUnderground.net.

Chad has investigated with East Tennessee Paranormal Research Society and counts Waverly Hills Sanatorium, the Villisca Axe Murder House, Bobby Mackey's Music World, the Queen Mary, and private residences among his investigations.

https://paranormalunderground.net/ ◆

Do you have a dream you would like to have interpreted in Paranormal Underground magazine? Email editor@paranormalunderground.net.

PARANORMAL UNDERGROUND®
Volume 10, Issue 2 February 2017
www.ParanormalUnderground.net

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Can We Have Light Without Dark?

Is there real evil in this world? What I mean is, does evil really exist? And if it does exist, why?

We hear of bad, seemingly evil, acts happening every day. Let's say evil doesn't exist. How, then, do we explain certain horrific actions that aren't accidental. Seeking to willfully kill someone, for instance, strikes me as being evil. It's not a good act to be sure. And it's far outside the normal range of acceptable human behavior.

Chad Wilson, Publisher

Acts such as murder must come from a dark place within the human heart, right? I'm sure people do evil things for certain reasons, but I am not here to discuss the merits, or lack thereof, of this act or the other.

I believe that we walk this earth to learn and advance our spiritual souls. And I believe that we must experience both good and bad to make that advancement. That's where the so-called evildoer steps in. They must perform whatever evil, bad, or hurtful act so that our soul can experience and learn the lesson it needs to.

So, maybe there really is no such thing as "true evil." Maybe the said evildoer is here on this earth for a reason. Maybe they have signed a soul contract in their life between lives to carry out a specific purpose, even though the act may be considered evil, bad, or hurtful.

Maybe the person committing the unacceptable act is actually giving a part of themselves to the human experience. Maybe they are here to teach us a life lesson and help us grow spiritually. Isn't it true that pain brings learning?

Just think how hard it must be for a soul to cause harm to another soul. So, they must really care enough about that soul to put their own soul in that position.

In addition to the bad act itself, evil, or what I call the dark, allows the light to shine against it. Good acts represent the light, as those who do good acts stand against evil. And without darkness, all we would know is light. To create balance, I believe we need both good and bad, light and dark in the world.

I am not saying that we should just let evil run rampant. I feel just the opposite. We need to fight against evil acts; we should take a stand. What I am saying, however, is that maybe when evil does take form, we can learn something and advance our spiritual souls from it.

Even when good triumphs over evil, evil still exists, and lessons are learned. And we must realize that just like good, evil will always exist. It's how we deal with it that makes the difference. It's how we learn from it that will advance our souls in the right direction.◆

March 4
ParAmeriCon 2017
1863 Inn
Gettysburg, Pennsylvania
http://sorrellls.wixsite.com/paramericon

March 4
Underground Monster Carnival 6
OKC Fairgrounds
Oklahoma City, Oklahoma
http://www.undergroundmonstercarnival.com/

March 11-12
Gift of Light Expo
Ohio Expo Center
Columbus, Ohio
http://www.giftoflightexpo.com/

March 18
6th Annual Paranormal Unity Fest
Somervell County Expo Center
Glen Rose, Texas
https://www.eventbrite.com/e/6th-annual-paranormal-unity-fest-tickets-28696925276?aff=erelexpmlt

March 23-26
TransWorld's Halloween & Attractions Show
America's Center
St. Louis, Missouri
http://www.haashow.com/

March 31-April 2
Oregon Ghost Conference
Seaside Civic & Convention Center
Seaside, Oregon
http://www.oregonghostconference.com/

April 1-2
Gift of Light Expo
Cuyahoga County Fairgrounds
Middleburg Heights, Ohio
http://www.giftoflightexpo.com/

April 21-22
Salem Con 3
Hawthorne Hotel
Salem, Massachusetts
http://www.mghparanormal.com/

April 14-16
Ozark Mountain UFO Conference
Best Western Inn of the Ozarks Convention Center
Eureka Springs, Arkansas
http://ozarkufoconference.com/

April 21-22
Aurora Alien Encounter Conference
MD Resort
Aurora, Texas
http://roswellbooks.com/aurora/

April 29
MUFON Erie UFO Conference
Erie Bayfront Convention Center
Erie, Pennsylvania
http://mufonpa.com/wp1/?page_id=925

April 29-May 6
SpiriCruise III: The Ghostly Gallivant
Cruising from Orlando, Florida, on the Carnival Magic
http://www.spiricruise.com/

May 5-7
2017 Pennsylvania Bigfoot Camping Adventure
Benner's Meadow Run Camping & Cabins
Farmington, Pennsylvania
http://www.pabigfootcampingadventure.com/

May 12-14
Provincetown Paracon
Provincetown Inn
Provincetown, Massachusetts
https://provincetownparacon.com/

E-mail your paranormal event to editor@paranormalunderground.net.◆

PARANORMAL UNDERGROUND®
Volume 10, Issue 2 February 2017
www.ParanormalUnderground.net

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Shamus Denniston and Stephanie Sutera of Thames Society of Paranormal Investigations

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Effective MEDITATION Techniques

In this month's "Paranormal Insider" column, we've asked our writers: "What meditation techniques are most effective for you?" Here's what they had to say ...

* * * * *

"Guided meditations always work best for me, and I would recommend them to beginners. Having a voice to help you along the way can keep you focused on the task at hand.

"In terms of visualizations, I like to imagine my exhaled breaths as dark clouds of negative energy leaving my body. With every inhale, I picture my lungs taking in beautiful, colorful air for replenishment."

— Krystle Vermes, writer, blogger, and podcaster

"For meditation prior to an investigation or even during an investigation, I like to use a simple technique that works very well for me. I choose a quiet location — my home office or my car prior to the investigation and a secluded room at the investigation site or even a room where I feel there is potential for activity.

"Then I just sit down, close my eyes, and focus on a blank sheet of paper. I mentally block out everything else and just focus on the blank sheet of paper. This creates a blank canvas for any potential spirit to communicate through and for my spirit guide to communicate with me. I keep my focus on the blank paper for three to five minutes, or until the blank paper is the only thought in my mind, before I either mentally or verbally ask any questions.

"This technique has allowed me to have visual interaction with spirits during investigations that was also validated by other evidence, EVPs, or interaction with devices that occurred at the same time."

— Jack Kenna, SPIRITS of New England

"Meditation is not only vital to emotional and spiritual health, it is also necessary prior to, during, and after any paranormal research project. It allows each person to ground and center themselves and clear out any unwanted thoughts or emotions that could essentially hinder the investigation project.

"I personally recommend the scenario where you picture yourself surrounded by the all-encompassing pure, white light and echo the words, "The only energy that is allowed is the type that will serve my highest good; undesired energy is not welcome." Additionally, an exercise to clean out the chakras is also essential to holistic health as well. To do this, you picture your feet rooted to the ground and the crown of your head open to the incoming pure, white energy. Slowly, you envision this new energy moving down through the chakras, removing all of the negative, unwanted energy.

"Furthermore, concentrate on your breathing, making sure that you are inhaling from your stomach muscles and slowly exhaling, breathing out all of the daily trials and tribulations. Remember that emotional and spiritual health is just as important as physical health. It warrants taking the time each day to ensure that all are in-sync."

— Nicole Strickland, San Diego Paranormal Research Society

"What works best for me is to meditate at night. I need to be in a place with no light and no sound, so I usually meditate right before going to sleep.

"I just cover myself with my blanket, take deep breaths, and clear my mind. Sometimes, I also put an amethyst in my pocket in order to develop a better intuition and a better result."

— Alan D.D., author, journalist, blogger, and solitary witch

"I know it's a little controversial, and some believe it's not possible, but music has always helped me meditate. Listening to the right music will help me find answers, solace, and inspiration."

— Winter Balefire, paranormal researcher, occultist, and author

"The most effective meditation for me is with a headset on, listening to binaural beats in a dark room with a single candle to focus on."

— Bob Fountain, Spectral Tech

"I have used a few techniques over the years as I continue to develop as a spiritual being. While I was still in university, I attended a small meditation circle. There

were three of us, including the leader. We filled her house and garden with beings each time we met, and they often had some message for one or more of us.

"I later used Vipassana, a Buddhist form of mindfulness meditation. That eventually led to Lectio Divina. More often than not, I now use a combination of Lectio and mindfulness."

— William Becker, Paranormal Insights

"Music and guided meditation have always worked best for me when meditating. Music and guided meditation helps to take my mind off of my problems and put me in a relaxed state of mind."

— Chad Wilson, publisher, *Paranormal Underground* ◆

Winter Balefire
Love Letters Destroyed
Love Letters Destroyed is Winter Balefire's first book of poetry now available at Amazon, Lulu, Barnes & Noble and all fine retailers that sell great books. Pick it up in eBook and signed paperback editions today!
Love Letters Destroyed is a collection of poetry representing all that is written and left unsaid. Sleepless nights, dark thoughts, and broken bits of sanity fill these pages. Each piece tells a story and each story will reveal every part of your psyche you've hidden from. Here you will find everything you've ever felt but have never said aloud.
PSEUDONYMITY PRESS PUBLISHING

In Search of the Supernatural

THAMES SOCIETY OF PARANORMAL INVESTIGATIONS

By Cheryl Knight

Growing up in a paranormally active home in Connecticut set the stage for Shamus Denniston's long-time interest in paranormal phenomena.

"My father was from the old country in Ireland, so I was raised being told about family ghost stories, leprechauns, banshees, and other spirits," said Shamus.

This fueled his curiosity and led him to form a paranormal investigative team years later. And in 2010, he created Thames Society of Paranormal Investigations (TSPI), which investigates claims of supernatural activity, researches paranormal events, educates the public, and provides assistance to those in need.

Based out of New London County, Connecticut, the team provides assistance to clients mostly in the New England area. As the director of TSPI, Shamus conducts preliminary interviews with potential clients, constructs the investigations, and the handles client follow-up.

"We strive to document tangible, measurable evidence, although we are open minded to the metaphysical and also utilize those techniques during investigations," said Shamus.

Shamus and Stephanie Sutera, associate director, photographer, and lead investigator, recently filled us in on what their team is up to, their methodologies, and their adventures in the paranormal field.

* * * * *

Q: Please talk a little bit about yourself.

Shamus: I have always had a relationship with the paranormal — in particular "ghosts." I have always been aware of them. In fact, my childhood home was haunted, which led me to want to know more about the spirit world.

Throughout my life, I have encountered paranormal events that led me to take up investigating. First, I joined a ghost hunting group. Eventually, I formed my own team to fill in some of the gaps I was seeing in the paranormal field.

Shamus Denniston and Stephanie Sutera lead Thames Society of Paranormal Investigations, which aims to research, investigate, and provide assistance to those experiencing paranormal activity in the New England area.

Professionally, I work in the public safety field on a college campus. I spend a lot of time investigating, interviewing, and encountering people from all walks of life — and not always when people are at their best, which is why I take a discerning approach toward everything I encounter, especially the paranormal.

Stephanie: As the associate director of TSPI, I take on various tasks. One of my main responsibilities is maintaining our Website, online store, and our social media sites while monitoring user activity and the team's Web presence. Also I create our videos and graphics, write for our blog, and shoot the photography for the team.

In addition I am the co-creator and producer of our new Web series *TSPI Presents: Into the Black*. In the field, I act as one of our lead investigators, helping shape the investigation and being a liaison between TSPI and the client.

Thames Society of Paranormal Investigations includes team members (top row from left to right) Garrett Fernando, equipment manager; John Em, investigator in training; Shamus Denniston, director, founder, and lead investigator; Eamonn Denniston, investigator and researcher; (bottom row from left to right) Laura Palmese, investigator and researcher; Marilyn Marin, investigator and PR specialist; Stephanie Sutera, associate director, photographer, and senior investigator; and Laurie Howard, investigator in training. Not pictured are Grant Kokernak, tech manager and investigator, and Emma Martinez, medium and investigator.

Outside of the paranormal world, my life is being a mom to my wonderful son, Ash. Since music was my first love, and I have been singing ever since I could walk and talk, it is a huge part of who I am. Although my tastes are wide, my music focuses on preserving the sounds of old jazz/swing.

Another one of my passions is running and creating content for my comedy and video game-based company Rocky Maridia Productions, which I started with my fiancé Vincent Pecoraro, the keyboard player of the punk band Dead City Riot, in 2015.

> "I have a particular way that I shoot my paranormal photography, called The Sutera Process."

Q: Tell us about the other members on your team.

Shamus: I think our paranormal team is very well rounded. We have members that professionally come from different fields, all bringing their own life experience and expertise to the investigation. We have team members that come from the mental health field, marketing, public safety, photography, biology, and broadcasting, to name a few. But, we were all brought together from our own personal experiences with the spirit world.

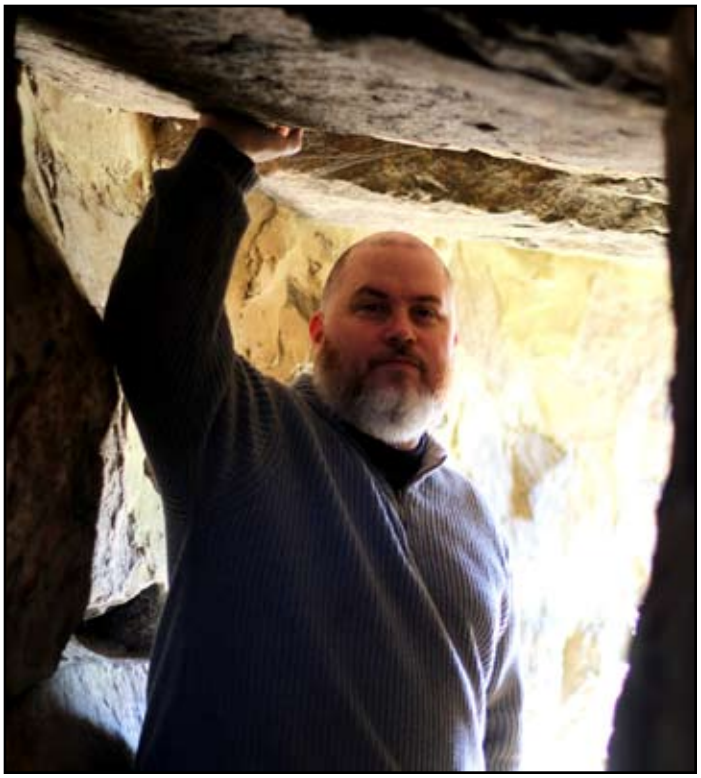
Q: Talk about your paranormal group and its mission.

Shamus: Our mission is to research, investigate, and provide assistance to those who are experiencing paranormal activity. Based out of Connecticut, the group conducts objective investigations by means of practical methods and documentation.

Q: How did you become interested in the paranormal and joining a team?

Shamus: After growing up in a haunted house, I developed a deep interest in the field. I formed TSPI in October 2010, although the team was around informally a year before that. While working at a local college, I met Todd

→



In his career, Shamus works in the higher education public safety field. He has studied criminal justice, investigations, and emergency management.

Radley, who also had personal experiences with ghosts. We found out that we both had an interest and that he had EVPs from a local abandoned mental hospital that he used to work at.

During that year, I developed ideas of how a paranormal team should operate and investigate. That year, we spent time preparing to branch out and start taking on clients. Todd was officially the first member of the team. The college had at least two known haunted locations where we conducted those first investigations, with the college's permission. To this day, on occasion, we will still investigate those locations and have lots of fun doing it.

Stephanie: My interests in the paranormal stem from when I was a young child. At first it was a love of horror and paranormal anything, whether it was cartoons, films, or checking out books on fictional and nonfictional accounts of hauntings at the library. My first personal experiences didn't happen until I was in high school, when a very dear friend of mine lived in a particularly active residence. It really never crossed my mind to join a paranormal team, only because I didn't know there were any in my area.

I joined TSPI about six months after the team was formed, and co-founder and investigator Todd Radley, with whom I had previously worked with, posted that they were looking for new members. Since this had been an interest of mine for most of my life, I filled out an application immediately. I have been with the team ever since.

Q: Tell us about your personal paranormal experiences.

Shamus: My earliest paranormal experience started when I was a young boy, about six or seven years old. I woke up in the middle of the night to the sound of someone calling my name from down the hallway, coming from the living room. In that same room, we had a white baby grand piano that would play different notes. This happened on a few occasions.

Strange noises and sounds would be heard frequently in the home. The most strange thing about it, it was a mimic. At any given time, it could recreate noises of people. Let's say if you visited my home and had a conversation. A week after you left, it could make it sound like you were still there. Very weird. To this day, I have not encountered this again anywhere else.

Stephanie: Luckily, I have not been scratched, bitten, pushed, or have witnessed any form of possession. Although I have been touched and had my hair pulled on a few occasions. Most of my encounters have been visually or audibly received.

Q: What interests you most about the paranormal?

Shamus: I am really interested in ghosts, spirits, poltergeist, and other related phenomena. Since this is what I experienced, this is what I want to capture and document.

Stephanie: That is such a difficult question to answer, because I am so curious about so many aspects of the paranormal! Of course, I am crazy about paranormal photography, but some of the other subjects include the psychological effects of a haunting, paranormal activity and investigation throughout history, and the development of new equipment and field procedures, to name a few.

Q: What different types of locations have you investigated?

Shamus: Though home cases are our bread and butter, we have investigated all types of locations, such as businesses, schools, colleges, historic sites, museums, battlefields, and forts. We are really lucky to live in New England, where it is full of history and great locations.

Q: What equipment do you usually take with you on an investigation?

Shamus: We bring with us on investigation the usual audio and visual equipment: camcorders, IR, full spectrum, voice recorders, EMF meters, mobile weather stations, and motion sensors. But, since I am a fan of history, I love to bring along trigger objects relevant to a location and use old-school items like bells on a string. It keeps things interesting.

Q: What methodologies do you use during investigations?

Shamus: Whatever we do, we take a practical approach to investigating. If we have a location set up to investigate, we will make prior visits to the site, take readings, and note conditions.

In order to compare to anything later on, we also will do historical inquiries, interviews, and check on the backgrounds of the clients. Taking all these into account gives us a better picture of what's going on. I think if you can put a label on what we do, it would be "discerning."

Stephanie: During most of the investigation, I rely heavily on our equipment, but I do pay close attention to my intuition as well. Our mentality is that if it may give us a lead, we try it, which is why we blend both scientifically based experiments and metaphysical methods of obtaining information.

For instance, me being the photographer, I have a particular way that I shoot my paranormal photography, called The Sutera Process. This process allows me to control the environment where the images are taken. Several photographs are shot where the variables and conditions have not changed, like position or light pollution, and can be compared to one another during evidence review.

> "Strange noises and sounds would be heard frequently in the home. The most strange thing about it, it was a mimic."

Looking at the other side of things, my intuition may be used to lure me to an area to photograph or to conduct an EVP session. So I rely on both.

Q: What is the most important part of a paranormal investigation?

Shamus: I don't think there is any particular part that is more important. All phases make it a successful investigation.

Q: How valuable is teamwork during an investigation?

Stephanie uses the The Sutera Process to take pictures during TSPI's investigations. This process allows her to control the environment where the images are taken.

Shamus: If we did not have teamwork, we would be a mess and would not accomplish anything. Every team member has a role and responsibility. Without that, it's chaos.

Not to mention, it is an enormous amount of work to do this right. Without everyone chipping in, it wouldn't work.

Q: What case will you remember the most and why?

Shamus: I remember the cases where I got frightened the most. You always remember the cases that yield the best evidence. But for me, I don't scare easily anymore, so if something can startle me, I remember that.

Stephanie: The Denison Homestead in Mystic, Connecticut, is the most memorable to me. We were lucky enough to have been there on a few occasion. The house is over 300 years old and is rich in history. It was once used as a home but is now a museum filled with antiques and family heirlooms.

When the Sutera Process was first developed, this was the first case that I attempted the procedure and was lucky enough to capture a partial apparition where you can see half a face and half a torso.

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Shamus and his TSPI teammates continue to inform, teach, and help others while working in the paranormal field, as well as through public appearances, lectures, and radio appearances.

Q: What is the most compelling evidence of the paranormal that you or your team has captured?

Shamus: Most compelling for me is when we capture EVPs of a spirit answering a direct question. I love when that happens. But, I am fond of catching those black wispy shapes on video, as well as photos from one of our cases in Mystic, Connecticut, where Stephanie took a picture of a shadow silhouette of a person.

Q: Talk about common misconceptions about the paranormal field that you've encountered?

Shamus: Some of my clients are surprised to know that we are normal people with day jobs. Clients are also quite surprised how straightforward and organized things are, as well as the fact we are really taking this serious. Other misconceptions include that we can eradicate ghosts, like *Ghostbusters*.

Q: Whose work in the paranormal field do you respect the most and why?

Shamus: I really admire people like John Zaffis. I have read a lot about his cases and his books. I am also a fan of the work of Harry Price, though he was before my time. I admire those who paved the way and made paranormal research an academic endeavor.

Stephanie: I really admire Harry Price. I really feel he was the pioneer of modern ghost hunting. He was one of the first to use a scientific approach in the search of ghosts and experimented with a lot of different methods. Some of those methods are still used in investigations today.

He also was a part of one of the first paranormal investigation teams and was a part of some of the first psychic research groups.

Q: What locations do you have on your wishlist to investigate?

Shamus: I would love to spend a couple of nights in Alcatraz being secluded on a haunted island. What could be better?

Stephanie: If I ever had the chance I would absolutely be thrilled to investigate the Bhangarh Fort in Bhangarh, India. There is something about a location that is said to have been cursed by a wizard that brought the death of 10,000 people that really piqued my curiosity.

Q: What words of wisdom would you offer amateur ghost hunters investigating for the first time?

Shamus: I would find a good mentor and read a lot about different perspectives and methods. Be a sponge and practice a lot. And perfect your methods.

Stephanie: Have patience! Paranormal investigation involves a lot of waiting. Sometimes you won't have any experiences during the night, but during evidence review you may be rewarded with a great video or audio clip.

Other nights you may end up with nothing at all, which can be really discouraging, but keep at it.

* * * * *

To learn more about Thames Society of Paranormal Investigations, visit http://www.tspiparanormal.com/. ◆

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6 FACTS YOU NEED TO KNOW ABOUT THE NEW HORROR MOVIE 'RINGS'

By DeAnna Janes, via The Lineup, www.the-line-up.com

The creepy franchise of cursed clips, submerged secrets, and the black-haired, spider-walking queen of our nightmares has returned. *Rings* hits theaters Friday, February 3. Are you ready for another trip down the well?

Here are six facts you need to know about the new horror movie, *Rings*. (SPOILER WARNING!)

1. Forget VHS. Samara has gone viral.

That's right, the wrath that was once unleashed when one watched an old videotape is now available in convenient mp4 format. The film's protagonist, Julia, gets concerned when her boyfriend, Holt, begins exploring the dark mythology surrounding a certain strange video. Julia must eventually sacrifice herself to save Holt: by watching the video herself.

This time around, the video is transmitted via email as an attachment from an unknown sender. As with flicks like *Unfriended*, *Sickhouse*, and *Smiley*, it seems the Ring franchise has entered the techno-horror age.

2. It's a new chapter, not a prequel.

Despite early chatter about *Rings* serving as a prequel to Gore Verbinski's 2002 entry, *The Ring*, the new horror flick is actually set 13 years after Rachel clung to a lifeless Samara in the bottom of a well. Good thing, too, because *The Ring* was pretty much a prequel onto itself, unraveling the twisted story that led to the curse of the killer tape.

Also exciting: Rings apparently contains a movie-within-the-cursed-movie that no one has ever seen before.

3.Verbinski, Nakata, and Watts are gone.

Say hello to F. Javier Gutierrez, a relatively unknown filmmaker, though you may recognize him as the director attached to *The Crow* reboot. His leading lady, Matilda Lutz, is also a fresh face.

Friday Night Lights' Aimee Teegarden and *The Fifth Wave's* Alex Roe costar, with a cameo from *Daredevil's* Vincent D'Onofrio. Should make for an interesting cast.

As for screenplay, *Rings* went through a few drafts, courtesy of David Loucka (*Dream House*), Jacob Estes (*Mean Creek*), and Akiva Goldsman (*I Am Legend*).

4. It's been a long journey to the big screen.

Rings was originally set to hit theaters November 13, 2015. It went through several different release dates before the one we finally have now: February 3, 2017.

5. Samara Morgan is a contortionist.

Seriously. That's no CGI. That's a real person bending her limbs into unfathomable positions.

Perhaps you remember the super creepy well scene in the second American installment, with Samara spider-walking up a stone wall. That was performed by actress and professional contortionist Bonnie Morgan. And it was that scene that landed her the role of Samara in Gutierrez's reboot.

6. There are motherf*cking Rings on a motherf*cking plane.

No one is safe in this film — not even at 30,000 feet. Our J-horror-inspired ghost has somehow found a way to air her deadly film on a plane, with each passenger haphazardly unleashing the terror by watching said film from their seat-back screens.

Our major nightmare is now officially a reality. ◆

Endless Love:

The Spiritual Bond between Humans and Animals

By Nicole Strickland, San Diego Paranormal Research Society

There is an unspoken and inherent bond between humans and their animals, an eternal connection that exists forever and even grows stronger when physical death knocks at the door. One of life's ultimate cruelties, having to say goodbye to a furry loved one, is indeed one of the most difficult experiences to endure.

Even though mortal beings eventually transition from the physical plain, the true essence of their spirited soul remains. This is a concept that I have known for a long time; however, with the 2015 passing of my cat, Max Montgomery Strickland, I gained a further awareness of its actuality.

I am writing this article to connect with those who are going through the heart-wrenching time of saying goodbye to a dearly loved furry friend. All animal lovers can relate to and empathize with anyone who is going through the physical loss of a beloved animal. When Max passed away, I thought that my world would completely end forever.

After a few days of complete and utter sadness and dejection, something beautiful happened: I started to feel peace enter my soul, a start to me accepting Max's passing. It's extremely hard to put this into words, but I started to feel Max alive in my heart and soul. I started to feel him with me at all times, a feeling that slowly, but surely, overpowered the extreme grief. Of course, I miss his physical self, but I find solace in knowing that his vibrant energy and majestic soul are eternally present in mine.

I do believe that many, if not all animals, can communicate to us when they depart this mortal plane. In the majority of cases, we hear of paranormal incidences with cats, dogs, and horses. It would make sense though, seeing as they are among the most popular animals to have. However, I think there is more to the equation.

Nicole Strickland plays with her cats Max and Kayli.

I strongly believe that it is due to their expansive intelligence and innately intuitive nature. We can experience ghostly encounters with our adored animals in the same way that we can with our dearly loved friends or family members. Whether it's an apparitional sighting, a disembodied vocalization or footstep, an olfactory sensation, or cold spot, paranormal occurrences with pets and humans are similar across the board.

In my 37 years on this earth, I have not ever had the magnitude of spiritual experiences with any of my animals until I came into contact with my cat, Max. I adopted Max and his sister, Kayli Strickland, after the devastating 2003 San Diego, California, Cedar Fires, the firestorm that engulfed the majority of the city in smoke and flames.

At their tender three months of age, I fell in love with Max and Kayli the moment I first laid eyes on them. I even remember Kayli reaching out her paw and Max looking at me with intent green eyes when I walked up

Due to her own personal experiences, Nicole believes that many, if not all animals, can communicate to us when they depart the mortal plane.

to their temporary boxed home in a local Petco. Words cannot definitely explain this, but it was the start of that unspeakable and everlasting bond that I mentioned in my words above. An endless union that not even death could interfere with.

In 2015, I had to take Max into our community's veterinarian due to an eye infection known as conjunctivitis. While Max was there, his doctor listened to his cardiac and pulmonary functions, and it was then that I received the news that he had a heart murmur. A murmur does not necessarily mean that there is heart disease present; however, it can indicate that something more serious is going on.

The following day, I took Max to a specialist to get a cardiac ultrasound or echocardiogram of the heart. Just like the wildfire overwhelming San Diego 12 years prior, I was then engulfed with the tragic news that no animal lover wants to hear: Max had cardiomyopathy, an acquired and often hereditary physical ailment.

As tears swept down my despondent face, the doctor reassured me that medication could help treat the disease and keep Max alive for many years to come. Needless to say, I drove home with a mixture of reassurance, anxiety, and anger.

Max was on beta blockers for a few days to help manage his cardiac functions. On the fourth night, I noticed that his heart and breathing rate were extremely high. My mom and I then rushed him to the emergency hospital, perhaps, the most terrifying time that I have ever had to experience. After a few minutes, the veterinarian came out to talk to us and told us that Max may have had a reaction to the beta blockers, or more seriously he may be going into heart failure.

Thus, he had to undergo some more tests, taking the total time of about an hour. At about the 60-minute mark, I heard the song "Endless Love" playing on the ceiling's radio speakers. Being of no coincidence, it was then that I saw the doctor's forlorn facial expression as he came out to brief my mom and I. No words needed to be relayed, as I knew the tragic words we were about to hear: Max was going into cardiac failure.

Max stayed overnight so he could be monitored and receive the oxygen that he so desperately needed. The following day, my mom and I went to see him, and it was then that his attending doctor conveyed that nothing more could be done.

My whole world collapsed, and my soul was stabbed with anger, sadness, and hopelessness. I must say that the veterinarians catering to Max were relentless in their treatment of him, as they tried everything to help prolong his beautiful life. After a 45-minute consultation with the medical staff, I was hit with the decision to either keep

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Max on life support or allow him his rite of passage to peacefully transition to the stars. Of course, I chose the latter, as it would have been completely selfish to keep him alive in the condition he was in. It was his time, and I did everything I could to honor it.

The registered veterinarian technician then took us into a room, a location that I never wanted to see again in my life. Max was lying on a table with an oxygen mask surrounding his face. Placing my arms around him, I told Max how much I loved him and echoed the following words, "Max, my prince and golden boy, I love you so much, and our bond will last forever. Always and forever. You will always be a part of my heart and soul. Endless love, baby. I love you."

As I saw the needle responsible for delivering the medication to commence his transition, I kept telling Max how much I loved him. Then I held him until he breathed his last breath and crossed the Rainbow Bridge. When that time came, he had such a peaceful look to his face and body. They then wrapped a paw-printed blanket around Max and brought him into a serene, private room where my mom and I had some time to be alone with him. I must say that this was a very therapeutic experience, as it gave us some time to say goodbye.

With death, comes the departure of the physical body and only the physical body. Death cannot touch the soul or energy of our animals. It is my belief that the bonds we have with our beloved pets grow even stronger in spirit. In fact, the night I came home from the veterinary emergency hospital after Max's passing, I heard his meow in my bedroom as I was getting ready for much-needed sleep. His vocalization was so loud and clear, as if he was reassuring me that he was at peace in Heaven's pastures.

It was later that same night when I felt Max breathing underneath my hand as I rested in bed. I couldn't help but think that his ethereal inhalations were representative of a new life beyond the ethers. Then, in one of my often lucid dreams, I saw Max sitting right in front of me as he wrapped his front legs around me. Needles to say, I woke up with complete serenity.

In the days and months to come, I continued to encounter his angelic spirit many times and in many special ways. Almost on a daily basis, I hear Max's meow, sometimes several times in a row. I have both seen him partially or fully manifest before my eyes. Many nights and mornings, I will tangibly feel him jump up on my bed and curl up beside my warm body. I have even felt his disembodied breath in my face as he ethereally lay on my chest, something he often did when he was of body.

Since his passing, Kayli and I have grown infinitely closer. On many occasions, I will even see her big green eyes morph into her brothers. She has become so much more affectionate since that fateful February night at 4:44 p.m. when Max evolved into spirit. It's almost as if he continues to live through his sister. Intriguingly, when I first adopted Max and Kayli, I created the nickname of "KayliMax," not yet aware of how profound that moniker would be in the years to come.

Now, I have pondered why I haven't had as many of these spiritual experiences with my other fur babies who have crossed the Rainbow Bridge. Perhaps, Max and I were destined to have such a close, soulful relationship, a woven tapestry of pure cosmic love and connection. Maybe we had past lives together, with fate bringing us together in this lifetime. My mind can speculate all day, yet there may be elusive reasons for why Max and I are so intrinsically connected. Maybe it's something that is not intended to be explained but to only be experienced.

I was utterly devastated when Max transitioned. I felt my soul being ripped apart; however, it was slowly pieced back together when I accepted his passing and undeniably realized that he further became a part of my soul.

I know it's hard to not have our furry baby's physical presence with us, but you will find everlasting solace in knowing that their spirit is always with us. Once we come to terms with this, we will feel peace permeate our soul.◆

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11 Most Haunted Places in Georgia

By Jessica Ferri via The Lineup, www.the-line-up.com

The state of Georgia is undeniably beautiful. It's also home to some of the United States' most bloody history. The host of many of the Civil War's most brutal conflicts, Georgia embodies William Faulkner's maxim that "the past isn't dead and buried — it's not even past."

From the swampy burial grounds of Savannah to the hidden histories of Atlanta, with a few horrifying haunts in between, here are the 11 reasons we've got Georgia on our minds, giving us anything but peaceful dreams.

1. Bonaventure Cemetery, Savannah

Savannah's Bonaventure Cemetery became iconic after being featured in the 1997 movie *Midnight in the Garden of Good and Evil*, but its ghosts have long made this burial ground infamous. Built in 1846 on the site of a plantation, visitors have reported paranormal activity here for decades.

The sculpture that adorns the grave of Gracie Watson, a young girl who died of pneumonia at the age of six, is said to weep bloody tears at night. Those who come to pay their respects to Gracie often leave her toys and trinkets.

Other visitors have reported hearing the sounds of disembodied children playing near the graves of the young and have furthermore claimed that statues move position in the night. One angel statue allegedly smiles down on those to whom she takes a liking.

2. The Pirates' House, Savannah

Built in 1753, The Pirates' House in Savannah, Georgia, is one of the state's oldest standing structures. Sailors were reportedly lured into the building in hopes of finding dinner and a place to rest. Instead, they were dragged through a tunnel underneath the building to Savannah's river and forced into the service of pirates.

Built in 1753, The Pirates' House in Savannah is one of Georgia's oldest standing structures, which many say is haunted. (Photo by Peter Broster via Wikimedia Commons)

Patrons of The Pirates' House, which is now a restaurant, claim to hear moans and screams coming from the basement and have glimpsed the shadows of doomed sailors in the hallways.

3. Andersonville Prison, Andersonville

The conditions at this prison for Union soldiers during the Civil War was so horrific that after the war, the captain responsible for running it was charged with war crimes and executed. Of the 45,000 Union soldiers that were imprisoned here, 13,000 died.

A soldier described his entrance into the camp in a letter to a friend: "As we entered the place, a spectacle met our eyes that almost froze our blood with horror and made our hearts fail within us."

Visitors to the site today report hearing disembodied voices, crying, and a horrific stench as they walk through the grounds where so many men suffered and died.

4. Central State Hospital, Milledgeville

In the former capital of Georgia, within a small town called Milledgeville, you'll find the ruins of one of what was once one of the largest hospitals in the United States. At the infamous Central State Hospital, thousands of the Southeast's insane and unwanted were locked away. At one point, 13,000 patients were being treated at Central State.

And if the gigantic graveyard on the grounds, with more than 2,000 unmarked graves, is any indication, many never made it home. Curious tourists claim to have experienced unexplained phenomena while walking the grounds, including feeling an inexplicable chill and hearing the sounds of moans or footsteps behind them in empty rooms.

5. Bulloch Hall, Roswell

In Roswell, north of Atlanta, is a former plantation home that may look familiar if you've seen *Gone With the Wind*. The large, four-column portico entrance may have inspired Margaret Mitchell's fictional Tara Plantation.

Bulloch Hall was home to Teddy Roosevelt's mother Mittie Bulloch, as well as many others who lived, suffered, and died there.

Some talk of the ghost of a slave girl, who is said to move from room to room turning off the lights. Other visitors have seen the specters of those dressed in antebellum garb or Confederate gray who vanish into thin air.

The Roswell Mill has its own fair share of paranormal activity, according to visitors. The mill was originally founded in 1836 by Roswell King. (Photo by Clarence Risher via Wikimedia Commons)

At the Central State Hospital in Milledgeville (the Central Building is pictured above circa 1937), visitors hear moans and phantom footsteps.

Mittie, who was a voracious reader, is said to still sit in her favorite chair in the library. The chair rocks back and forth even though there's no one there.

6. Roswell Mill, Roswell

Just across the street from Bulloch Hall, you'll find the Old Roswell Mill, founded by Roswell King, the town's namesake, in 1836. Slaves built the mill, and an outbreak of the measles in 1847 left many dead.

However, the mill went on to be prosperous, creating the wool uniforms for the Confederate army. Because of its importance, Union General Sherman seized the mill in 1864 and shipped 400 mill workers to prison, where most died from exposure and starvation.

Now protected by the National Parks Service, the Roswell Mill's violent history makes it one of Georgia's most haunted places.

7. St. James Episcopal Cemetery, Marietta

Though many may come to visit St. James Episcopal Cemetery in Marietta, Georgia, to see the grave of the murdered child beauty queen JonBenét Ramsey, there are several ghosts who have haunted this graveyard for much longer.

Most notably, the grave of one Mary Meinert features a statue that depicts a young woman holding two babies, one in each arm. Students from the nearby Marietta High School have claimed that at night, Mary cries tears of blood. Others hear the sounds of a young woman weeping near her grave. The baby statues are also said to switch position.

There's only one sure way to find out if the legend of Mary Meinert is true ... we'll see you there.

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The Kennesaw House in Marietta, Georgia, is said to be the home of the spirits of Civil War-era soldiers.

8. Kennesaw House, Marietta

Now home to the Marietta Museum of History, Kennesaw House was originally a cotton warehouse built in 1840. In the 1850s, it was converted into an inn. Its location, adjacent to the railroad stop for Marietta, made it a popular place for Union sympathizers and spies to congregate. In 1864, General Sherman even used the house as his headquarters as he marched through Georgia. Later in the war, the house was used as a makeshift hospital and morgue for fallen Confederate soldiers.

Visitors to the museum today have reported chilling encounters, including riding the elevator with a surgeon attired in Civil War-era clothing or catching sight of a woman wearing an antebellum gown with pink trim, who matches the description of the inn's owner.

The most disturbing paranormal activity at Kennesaw House lies in the basement, where visitors have supposedly been greeted by the grisly sight of a Civil-War-era hospital room, filled with dying soldiers and frenzied doctors.

9. Ellis Hotel, Atlanta

In downtown Atlanta, you'll find the Ellis Hotel on Peachtree Street. It was the site of one of the worst fires in Atlanta history, so horrible it was nicknamed "the Titanic on Peachtree." In December 1946, the hotel was at its busiest, with 260 guests in for the weekend. The blaze started, but firefighters could only reach the eighth floor of the 15-floor building. One hundred and nineteen people perished in the fire.

Though the hotel was rebuilt in 1950, guests today report unexplained phenomena, such as things going missing or objects moving around in their rooms. There's also the terrifying sounds of voices, including the screams of women and children running down the hallway.

Supposedly, there were two weeks when the fire alarm sounded every night at 2:48 a.m., the exact time the blaze began in 1946.

10. Oakland Cemetery, Atlanta

The oldest and largest cemetery in Atlanta, Oakland Cemetery was built in the vein of the great rural cemeteries of the Northeast. Opened in 1850, the cemetery houses a large section of the Confederate dead, containing 6,900 internments with 3,000 unknown soldiers. Twenty seven Atlanta mayors and *Gone With the Wind* author Margaret Mitchell are also buried here.

Most of the paranormal activity, however, seems to stem from the Confederate section. Visitors claim to see Confederate troops wandering the area. One tourist saw the body of a Union soldier, clad in navy blue, hanging from a tree. Most disturbing was the account of one visitor who heard the disembodied roll call of a Confederate regiment. What's worse: His own name was read.

11. Chickamauga Battlefield, Chickamauga

More than 36,000 troops lost their lives during a three-day battle at Chickamauga Battlefield in North Georgia, the largest battle fought in the state of Georgia during the Civil War and the largest Union defeat.

Now a national park, visitors have heard gunshots, screams, and the moans and cries of dying soldiers. Chickamauga is also home to a "lady in white" phantom who searches for her lost husband and a horrifying ghost called "Green Eyes." Those who have encountered Green Eyes say from far away, the phantom appears to have green, glowing eyes, but when it approaches, it becomes clear that the ghost has no head.◆

More than 36,000 troops lost their lives during a three-day battle at Chickamauga Battlefield during the Civil War. (Photo by Lhughesw5 via Wikimedia Commons)

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UFOs on the Set:

A First-Hand Account of Unexplained Phenomena on the Set of an American Television Series

By Justin P. Novak, HyperealProductions.com

As a digital imaging technician working for Lion-Heart FilmWorks, I had the honor of working on a television series for the Fox News Network called *Legends & Lies: The Real West.*

During the filming of Season One, our camera crew and entire production moved from Richmond, Virginia, to Tucson, Arizona, for a month of filming in a few classic locales, like Old Tucson Studios. I was incredibly excited to be heading out to Arizona, as I had never been there before and absolutely love traveling to new places. Working in the film industry is certainly a rewarding job for anyone who loves to travel.

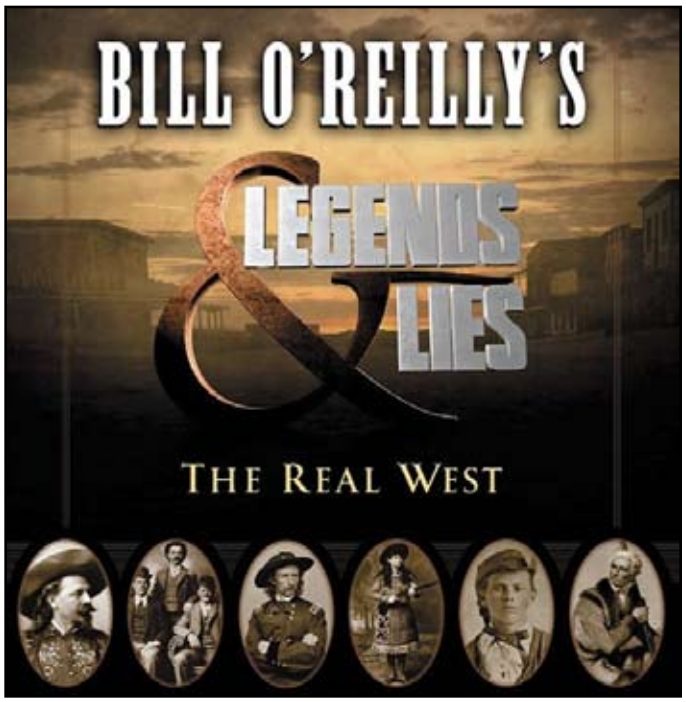
After a very long flight, my camera crew was picked up from the airport by one of our production assistants in a large white van. Once we had all piled in and everyone was accounted for, the production assistant then graced us with the wonderful news that our hotel rooms weren't ready.

"But don't worry; we've booked you all rooms at the hotel right next door, which is owned by the same people," the production assistant said.

This sounded reasonable enough, and honestly, after the long flight, I didn't really care where I slept, just as long as I had a bed to lay down in. Honestly, I wouldn't have even minded sleeping on the floor.

When we pulled into the hotel parking lot, I was amazed. The hotel was enormous! "Your hotel is right behind this one," our wonderful production assistant told us gleefully. As we made our way around to the back of the hotel, our eyes widened.

The other hotel was more like a strip motel, with doorways opened and people sitting on chairs staring aimlessly into the distance off the highway. The dilapidated



Were multiple UFOs captured during the filming of *Legends & Lies: The Real West*?

door creaked eerily as I put the key I had been given into the lock and twisted.

As I took my first step into the room I noticed that the carpet was completely soaking wet. Right after that I was hit by a wave of what could only be described as the smell of animal urine.

I walked over to the office and informed the staff of what I had discovered in my room, but was told that all other rooms were booked and that they had just cleaned my room before I arrived. They apologized and told

During filming for *Legends & Lies: The Real West*, Digital Imaging Technician Justin P. Novak catches a UFO in the skies above Mescal, Arizona, as the sun sets. Pictured above at left, a snapshot taken just after the photo above at right. The pop-out shows an enlarged photo of the UFO. (Photos courtesy of Justin P. Novak)

me that they would find me a new room as soon as one became available.

I then went back to my room and pulled out the shot list for the next day and viewed our crews call time. 6:30 a.m. I then viewed a note underneath it. The set was an hour and a half away and our pick up time would be 4:30 a.m. It was now close to midnight. I set my alarm and managed to fall asleep within an hour.

In the town of Mescal, Arizona, there exists a very special place tucked quietly away down a long dirt road. Originally built for the filming of the television series *The Young Riders* and *Little House on the Prairie*, these studios have been the home to more than 130 movies and television shows.

According to visitors to Mescal, Arizona, strange phenomena frequently occur in the area.

Mescal is an entire western town existing out of time from the rest of its surroundings. It's sole residents are Sheriff Frank Brown (who acts as caretaker for the studio) and his trusty sidekick Samantha, a stray black cat that wandered up one fine day and has called Mescal home ever since.

Arriving in Mescal, Arizona

We visited Mescal for the first time during the beginning of November. We left our hotels in the city of Tucson early that morning. Many of us had to cram all of our gear into minivans (then find room for ourselves) to make the journey out to our filming location for the next few days.

The drive seemed to take forever. As we drove on, the landscape became more barren, until finally a gas station and crossroad was upon us. A left turn followed by another long trek down a winding road brought us to the entrance of the wild, western town known to the filming community as Mescal.

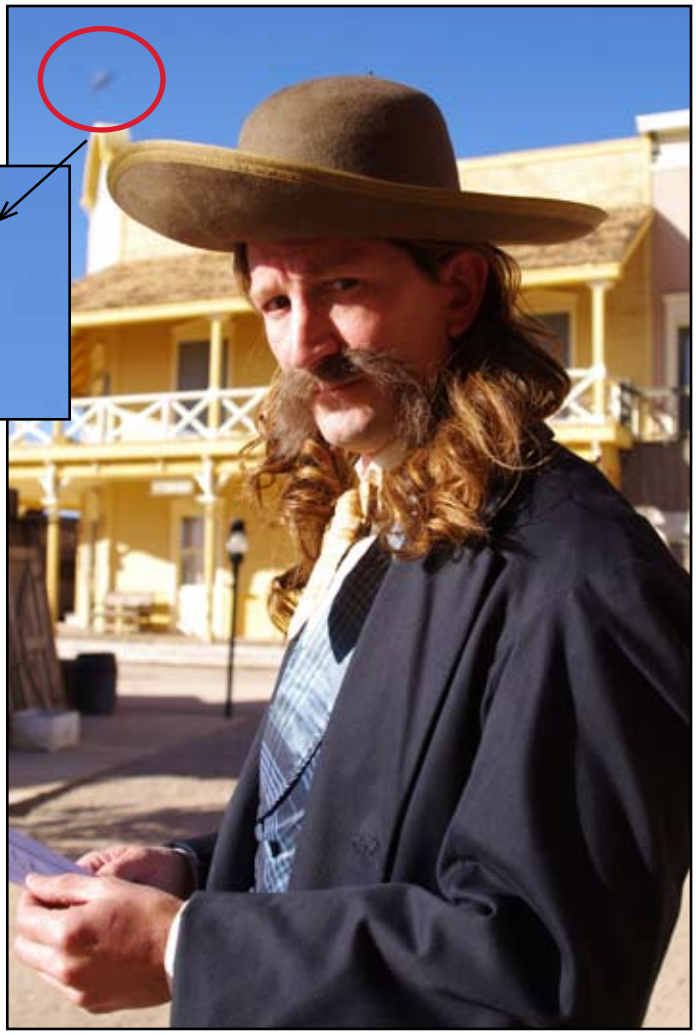
When we finally arrived at our destination, we were greeted by a smiling old cowboy. Frank wasn't just some caretaker looking after the town. He was the real deal. Retired military and a few other honors I'm not allowed to mention (three letters, starts with a C and ends with an A). He's also been the sheriff of the town for more than 20 years. Frank showed us around the town, and over the course of our month-long shoot, he became very close friends with members of our team, myself included.

After about an hour learning the buildings and the terrain, as well as where we would be filming that day, it was time for me to set up my Digital Imaging Technician (DIT) station in our makeshift base camp inside an old hotel. As I began unpacking my computer, RAID drives, card readers, and camera battery chargers, I began to get a very eerie feeling that I was being watched. I looked out the window directly to my left but saw no one and nothing out of the ordinary.

As I would come to find out, there was absolutely nothing "ordinary" about the town of Mescal.

Our shoots would last anywhere from 12 to 16 hours each day, so there was ample time for me to get used to this interesting town. I quickly befriended our craft service person Andreas Langley, A German/American documentary filmmaker, and as I soon found out, a crystal photographer.

Andreas was a very interesting person, and right off the bat he began to tell me about his esoteric beliefs and of some of the strange phenomena that he and others experienced in that area on a regular basis. From strange lights in the sky to full torso apparitions and bizarre noises seemingly coming from nowhere, there was definitely a lot going on in Mescal, Arizona.



Actor and Special Effects Supervisor Brian Merrick (pictured above) played Wild Bill Hickok in *Legends & Lies: The Real West*. In one still photo of Merrick on the set (see above), a UFO appears over his right shoulder. (Photo courtesy of Sylvia Vidaurri)

Purple Sunsets and Something Weird

We broke for dinner around 6 p.m. that evening. When it was time to return to set, I sent our assistant cameraman Dave out with fresh camera cards and got to work on the footage we had just shot. While I was copying one very large file from one of our G-RAID backups to another, I decided to step outside and have a look at the beautiful sunset that was now occurring.

Never in my life have I seen the sky as beautiful as it looks in Arizona. The sunsets consist of the most gorgeous purples and blues that you can ever imagine. It felt like I was inside a painting.

As I stepped out onto the street that ran through the Western town (seen in such classic films as *Tombstone*, *The Three Amigos*, *Young Guns 2*, and more), I stopped and took in a sharp, clean breath of air. I had never experienced anything as beautiful as this in my entire life. Slowly, I turned in a circle taking it all in. I reached into my pocket and pulled out my iPod. I then began taking some photos for my personal memories of this amazing place I was now in.

I was looking at the video image on my iPod as the pictures were being taken. As I turned to my left to get a shot of the end of the town, I snapped a picture. I could see that as soon as I had triggered the shutter, something black appeared in the image. I immediately took another picture in the same place, in the same direction, thinking maybe something was wrong with my camera, or perhaps a fly had invaded my shot. No black spot this time.

Getting the picture I was trying to capture, I took a few more just to be sure there was nothing wrong with the camera on my iPod and didn't seem to have any more black spots showing up. There weren't any flies out there, and the temperature was quite cold now that the sun had almost completely set. That was one very interesting thing about that weather out there. The days were as hot as you could imagine, but as soon as the sun set, you needed a jacket, gloves, and as many other layers of clothing that you could get your hands on.

The next evening I had time go over the images I had taken as I transferred my iPod pictures to my MacBook Pro. Going through the photos, I came across the image where the black dot had appeared. Using the built-in image viewer, I zoomed in and was quite surprised by what I saw: I had captured a classic flying saucer-shaped UFO! It was blurry, but not too bad considering it just appeared out of nowhere and was not the focal point of my shot.

I frantically went through all the other photos I had taken, scouring every pixel for anything strange or out of place. I couldn't find anything. This did give me an idea though. After first showing the photo I had taken to some of our crew and getting the same reaction I had gotten when seeing the image myself, I decided to start tirelessly going through each and every picture taken by our still image photographer Sylvia Vidaurri. Part of my job was to go through her daily set shots and pick out the 20 best ones to be sent to Bill O'Reilly, our executive producer.

Under a Cloudless Sky

In a cloudless sky, it's easy to spot something that shouldn't be there. Out in the desert, you don't have too many birds flying around, and when you do, they're very easy to spot. Whatever had appeared in my picture appeared in only a single frame. Like something moving incredibly fast. Far too quick for the human eye to detect.

Our set photographer, Sylvia, used a DSLR camera mainly used for filming action sequences and images that required a very high shutter speed so that many images could be taken at once. That way you don't miss even a microsecond. You could press the button and take about six images per second, depending on your setting.

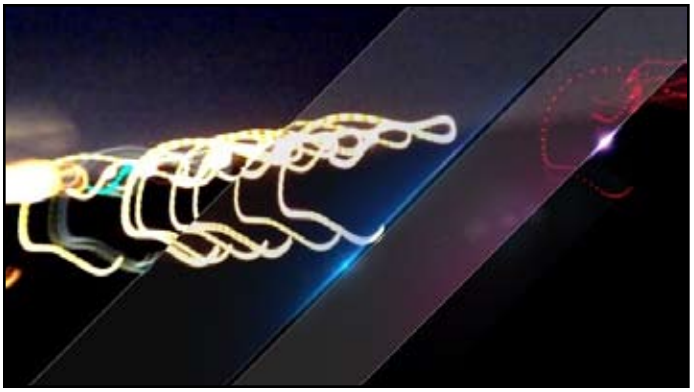
It was on our third day of shooting out in Mescal that we started filming our Wild Bill Hickok episode. As I previously mentioned, part of my job was to pick the best select stills to send to Bill O'Reilly for his approval. It was while I was pouring through these photos, looking for what I felt to be the very best — or at least what Mr. O'Reilly would like to see — when I found several images with very weird "anomalies" in them.

The clearest one was a portrait photo of Wild Bill Hickok with a classic grey saucer appearing diagonally in the background. The interesting thing about this set of photos is that it was taken using a DLSR camera, and multiple shots were taken within the span of two seconds. You can actually see a fly land on Wild Bill's hat (see photo on previous page)!

The fact that this UFO appears in only one frame is highly unusual. Especially since a similar incident had just happened to me a few days earlier with the same result. These were both taken on two completely different cameras by two separate people, in the same place, over the course of a few days. This led credence to my theory about something or some "things" moving far too quick for the human eye to detect.

After speaking with the very talented photographer Sylvia and getting her permission to use her incredible photos, I've also learned that quite a few military bases are also located out near Tucson and Mescal. While I doubt that is the source for these photographic anomalies, I cannot discredit it as a possible source and reason for them.

Being out there and witnessing these things left me with the feeling that they weren't human "piloted" at all. It was almost like they were natural, yet intelligently controlled. This actually brings to mind an interesting theory by Trevor James Constable proposing that some UFOs were actually living beings — to which he coined the term "Sky Critters." These beings, Trevor claims, are only visible in the infrared spectrum and cannot be seen by the human naked eye.



Pictured above is an Invisible Terrestrial Entity as captured by the Santilli telescope. (Photo by Thunder Energies Corp.)

This theory has recently gained a form of credence, as scientists using the Santilli telescope to study thunder energy have recently discovered the existence of "Invisible Terrestrial Entities," or ITEs. Whether they are able to pop in and out of our dimension, as Trevor James Constable has suggested, or are something that has always been here, one thing is certain: There are most certainly living creatures existing within our world, perhaps even right beside us, that our human eyes cannot see.

"I don't like the Mustache" or UFOs in Film

We had done a great job filming the Wild Bill Hickok episode of *Legends & Lies* and were very happy with the results. I had sent the images away so that Bill O'Reilly could give us the yes or no on everything. Occasionally, he would come back with a few items he wanted changed or have us do differently immediately after he saw the photos, but it wasn't very often.

He liked the images, and we moved on to filming our next episodes. About a week after we had wrapped on the Arizona scenes for the Wild Bill episode, one of our producers got a call that we had to re-shoot the entire Wild Bill episode. We were quite astonished. We were told that O'Reilly "didn't like the mustache." The strange thing is, he had signed off on the hair and makeup test images we had sent him before we even began shooting the episode.

One of the things that LionHeart FilmWorks prides itself on is historical accuracy. I sent pictures daily that O'Reilly saw and liked, and the whole reason for the show *Legends & Lies: The Real West* was to destroy the myths set upon us, and show, with historical accuracy, how the West and these historical figures actually existed.

So we had to reshoot the entire episode. This was a major problem and put us behind schedule and way over budget. We also couldn't get most of the other actors

→

Is that a real UFO looming over John Wayne's shoulder during the filming of *Rio Grande* in 1940? Or was is simply an in-studio glitch in the background? (Pictured above are screen captures from the film *Rio Grande*.)

back (including the woman who played Calamity Jane) on such short notice, so we did our best with what we had and still turned about a very amazing episode.

Could the UFOs that were obviously there during those days on set have had anything to do with why O'Reilly pulled the plug on that episode? Maybe he, or someone higher up, had noticed them. It was definitely strange. Even our director Kevin Hershberger couldn't quite wrap his head around the reasoning for this. The original mustache sure was goofy looking, but it was also historically accurate based on the only real photos of Wild Bill Hickok that exist.

Word had spread around the set that UFOs had been appearing in some of the still images. While it may seem farfetched, and I hate to make a political joke, but is it any more farfetched than Donald Trump becoming president of the United States? How about Ozzy Osbourne becoming the star of a reality television show? Absolutely not.

The longer I live on this planet, the stranger it seems to become. That's something I really like about life. When I was growing up in the 1980s and '90s, I used to think everything was completely normal and that things would never change. Life would keep going exactly how it was. We wouldn't discover too many new things because we had already made most of our discoveries about our planet, outer space, our oceans, the sky, you name it.

Things that we thought were preposterous or impossible as recently as the 1990s are now a reality. Sure, maybe we still don't have flying cars, but one thing is for sure, we're finally getting there.

While the UFOs probably don't have anything to do with the episode needing to be re-shot, I can't outright deny it as a possibility. UFOs have been known to be attracted to film sets and shoots. It's quite common in Hollywood to catch a speeding or sometimes even stationary UFO or UFOs in the skies in the background of movie or television scenes. With a little bit of searching on the Internet, you'll find many reports of UFOs being spotted in the background of films, or occasionally, a member of a production mentioning it, like myself.

A few examples of UFOs in famous films would be of course the John Wayne classic *Rio Grande*. This UFO has since come under scrutiny, however, as there have recently surfaced reports about this scene being shot on an indoor set, and that it was in fact a test prop for the upcoming movie *Flying Disk Man From Mars* being tested by an inebriated member of the production staff. That sounds pretty silly to me personally, but you'll have to draw your own conclusions.

Another famous movie UFO would have to be from Steven Spielberg's 1975 classic *Jaws*. The story goes that in the scene immediately following Quint, Hooper, and Chief Brody drinking in the bowels of the boat *Orca*, a UFO can be seen behind Roy Scheider's shoulder when they return to the ship's deck. Spielberg himself has publicly stated that it is a shooting star in the scene referenced.

Richard Dreyfuss however, while on the set of the movie *The Goodbye Girl*, was asked about the UFO and responded that he "wasn't allowed to talk about it." This could quite easily be Dreyfuss' sense of humor. It is important to note the differences between the original VHS version of Jaws, and the newly remastered special HD version of the film. Though cleaned up and color corrected, it does seem like the object was doctored a bit in the remastered version. This could have simply been done for artistic reasons; however, the possibility is still there that someone was trying to hide something.

A lesser known but more recent UFO sighting in a Hollywood film would be in the 1999 film *Tease*, starring Rosanna Arquette. This happened during a climactic scene toward the end of the movie (see picture on next page).

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Some claim that UFOs have been captured by Hollywood films unintentionally over the years. Were UFOs captured during the filming of *Jaws*, 1975 (screen capture above at left) and *Tease*, 1999 (screen capture above at right)?

Conclusion

Whatever these strange anomalies that have been appearing in the background of films and television shows are, they have certainly been appearing in them for quite some time. While many explanations are plausible, I tend to believe that they are intelligently controlled vehicles (whether biological or mechanical) that are moving through our world faster than the human eye can detect them. Judging by the blur in the photos I have shared, as well as the blur in many more credible UFO images, this seems the most plausible explanations to me.

I also completely agree with Trevor James Constable's theory that there are entities that exist right here with us that can only be seen in certain light spectrums. Working in the film world, especially as a part of the camera department, you run into a lot of very strange things. Those, however, are stories for another time.

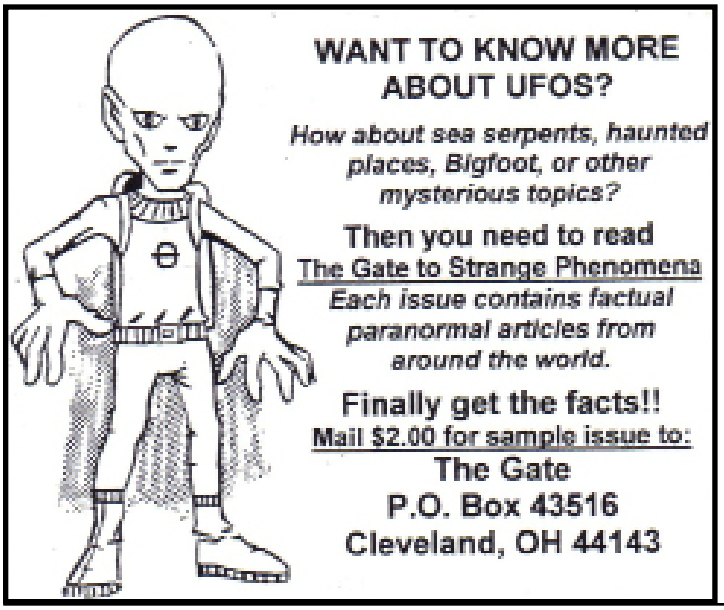
Our show *Legends & Lies* went on to do very well and was actually quoted by Arnold Schwarzenegger in *Rolling Stone Magazine* as being his "favorite show on television" (May 7, 2015: http://www.rollingstone.com/movies/features/the-unkillable-arnold-schwarzenegger-20150507). To me, this was one of the highest honors I could have possibly imagined.

Here was one of my favorite actors as a child telling the world that he loved something I helped make.

It's important to keep an open mind to all the possibilities of this incredible Universe that we're a part of. It's also important to keep a sense of humor.

As we get bombarded by information both good and bad, true and false, on a daily basis, it sometimes gets hard to discern fact from fiction. Keeping your wits about you and never letting a subject get so serious that you can't laugh a little about it is a good way to keep one leg here and one leg in our invisible world.

Take it from me, though, and keep your eyes on the skies in the backgrounds of your favorite shows and movies, and you're bound to see something that shouldn't be there. ◆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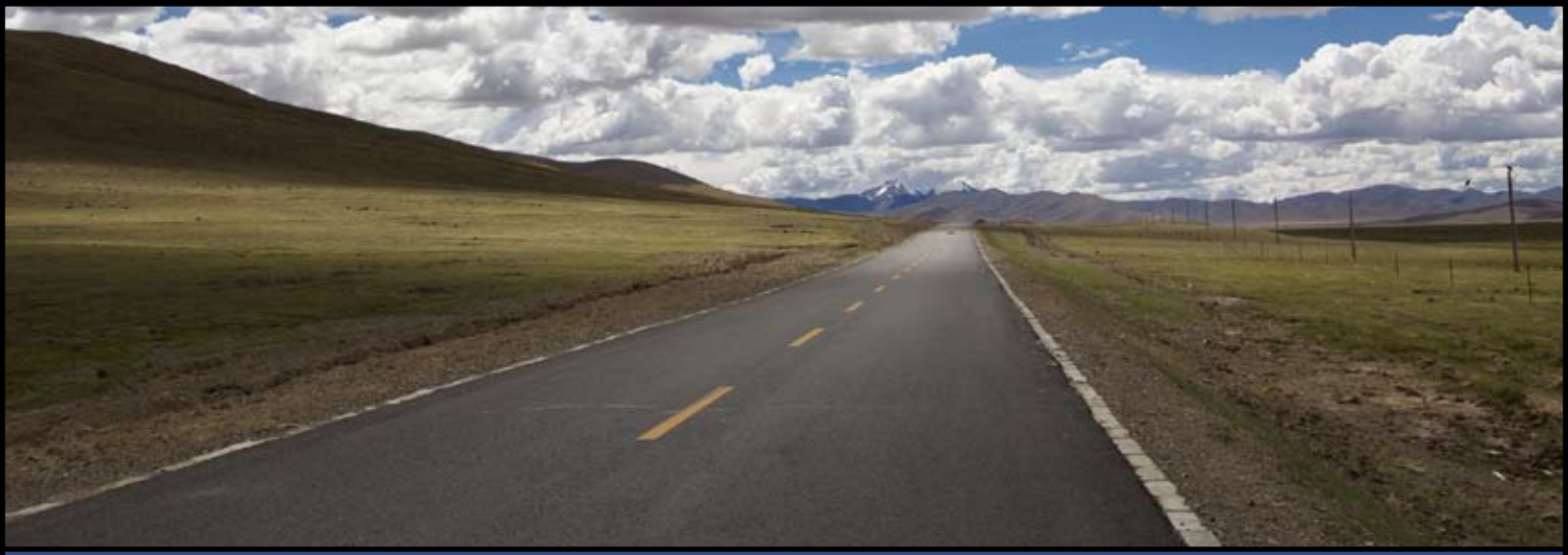

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The Lizard Man of Lee County

BY MATT SWEENEY, MARVELS AND THE MACABRE WITH MATTY

In the early morning hours of June 29, 1988, a young man by the name of Christopher Davis was driving home after a hard night working when he stopped on the side of the road near an area called Scape Ore Swamp in Lee County, South Carolina.

He was to report to Sheriff Liston Truesdale a fortnight later, after being coaxed by his father to tell his story to police, that upon changing his tire he heard a thump from behind him and turned to see something that terrified him to his core.

"I looked back and saw something running across the field towards me. It was about 25 yards away, and I saw red eyes glowing."

He went on to describe an encounter with a seven-foot-tall green creature, with three fingers on each hand, that jumped onto his car as he fled from the area and held onto the roof of the vehicle while Davis was driving at high speed. The entity supposedly looked at the terrified teenager through his windshield while an attempt was made to throw the creature off the vehicle by swerving from side to side.

At some point the creature was dislodged, and Davis sped off. When asked by Truesdale to draw the entity, he presented a picture of something lizard-like, bipedal, and large.

Truesdale at this point, while stunned and amazed by the story, believed the 17-year-old high school student, because a bizarre series of events had started occurring prior to Davis reporting his encounter. Deputies had also investigated a report of a car being damaged in the small community of Browntown, in which the automobile appeared to be the target of a bizarre instance of vandalism. The chrome molding had been torn away from the fenders, the sidewalls had been scratched and dented, the hood ornament was broken, the antenna was bent, and some wires from the motor had been ripped out.

In 1988, a lizard man was sighted near Scape Ore Swamp in Lee County, South Carolina. Other sightings soon followed.

On further examination, it appeared that parts of the molding had actually been chewed, leading to a theory that an animal had used its teeth to create the damage. To support this notion, clumps of reddish-colored hair and muddy footprints were found near and on the car.

More Reports of the Lizard Man

Soon, other vehicles suffered similar damage, and locals began reporting sightings of a tall lizard-like creature roaming the area of the swampland near Bishopville.

Local police were baffled but believed the perpetrator was more than likely to be a bear and not a bipedal lizard creature. It has been claimed that during initial

investigations into the damaged vehicles, police found and made casts of what looked like three-toed footprints that measured 14 inches in length, but police were advised not to send them off for further examination.

Soon after, the area was flooded with tourists and hunters began appearing as the local radio station offered a reward of $1,000,000 for the capture of a live creature. However, sightings began dwindling, and the creature was pretty much not seen until October 2005, when a woman reported to police she had seen two lizard men outside her home, once again near the Scape Ore Swamp.

Three years later in 2008, a couple reported to police that, as well as their vehicle being damaged in a similar attack to those reports from 20 years earlier, their pet cats had gone missing and their beds had been scratched and shredded. Blood traces were found, and once again the County was abuzz with talk of the return of the lizard man.

However, samples taken from that scene were examined and tested and resulted in a match with a domestic dog. There are those to this day that believe that the area was, and still is, the home of the lizard man of Scape Ore Swamp.

Was it All a Hoax?

Many believe the initial story Christopher Davis made to police was a hoax, and that story perhaps instigated the local community to believe that the damage being made to their cars, actually made by a known creature, was being created by this fearful lizard man.

As in similar cases of a small community being terrorized by a menacing enigmatic cryptid, such as Point Pleasant and the legend of Mothman, the area of Bishopville has, no doubt, had an economic boom since the original stories emerged.

Many skeptics point out the possibility that the whole legend may have endured mainly due, in their view, to the local community needing it to continue boosting the local economy. However, a strange theory has emerged over the years, one that, if it has any scientific merit, might prove that there is a lizard man, or men.

Could Evolution Explain the Lizard Man?

In 1982, a paleontologist by the name of Dale A. Russell put forth a theory that a small species of highly intelligent dinosaur, called the Troodon, might have survived the cataclysmic extinction event 65 million years ago and possibly have evolved into a "Reptoid," a species of intelligent beings similar in body plan to humans.

The description of said creature, according to Russell and the vast number of cryptozoologists who adhere to this theory, is very similar to eyewitness accounts given by many who claim to have seen the lizard man. Many proponents of this theory believe that the Troodon, whose fossil remains have been found mainly in North America and Alaska, was the only dinosaur species to have survived on land and essentially evolved alongside man.

Could the Troodon, a highly intelligent dinosaur, have survived extinction and evolved into a "Reptoid," or a Lizard Man? (Photo by Greg Heartsfield via Wikimedia Commons)

Could these so-called evolved dinosaurs also be behind reports being made by people who claim to have been abducted by "Reptilians," reptile-like beings who in some cases wear a winged serpent emblem on their chests. Herbert Schirmer was a police officer in Ashland, Nebraska, who claimed that in 1967 he was taken by said creatures and anally probed.

Could there be some merit in claims made by modern-day conspiracy theorist David Icke, and could these Troodon reptiles have passed us in evolution and become technologically superior beings intent on world domination?

Is the Lizard Man a mutated species of reptile caused by toxic waste or radiation? Or a human-like species of reptile, evolved possibly from a dinosaur ancestor? Or a genuine hoax? ◆

Universal Connectivity

BY WILLIAM BECKER, PARANORMALINSIGHTS.NET

Political seasons are always contentious, but this year's election has been especially so. I've been struggling with just how to respond to both the earthly aspects of the political drama that has played out and what I feel the consequences to be and the more ethereal — the spiritual consequences and energy that has been part of the fallout and has helped to shape the reality we face.

My experience is that there is a correlation between the spiritual or energetic reality of the world and the physical one. In particular, what we create here on Earth has an energetic counterpart that is connected to the universal. It is also a strong possibility that the universal consciousness can affect us in our physical life, although I am less sure of this idea. The universal seems to be more of a balanced source of information than the spiritual energy around us.

My experience is that there is a level of, for lack of a better word, psychic energy that is linked to this planet. And there seems to be another level that goes beyond our planet into the solar system, Universe, and other dimensions. But this is not the larger, foundational universe of wisdom and knowledge.

And I think that this energy is linked to many of the paranormal beings we can encounter. This can affect some of what are commonly considered ghosts and hauntings. Often the beings are affected, or even called by the energy in the environment of a given location. If there is strong anger and fear, then beings that feed on that are attracted and grow strong as the anger and fear grows.

The entities can manifest phenomena that increases these emotions in the living so that the beings become even stronger. The same is true for beings who are attracted to light, laughter, love, and fun. There also seems to be a connection with the fae, the Others, elementals, or whichever name you choose for these wonderful beings.

Let me see if I can give some sort of example.

I was in a beautiful site of an ancient 6th or 7th Century hermit's cell in the wilds of Cornwall. This magical

place was just a few miles from Tintagel and on the road to Boscastle. The cell was at the top of a small valley carved by an ancient stream. There's a path down to the bottom of this valley where the waterfall is visible and the stream shallow to wade in.

All along the trees people had tied ribbons and small offerings to the fairies living there. They also piled stones. The beings that we would think of as fairies loved it. They thought it all one big party! The ancient ones, as I call them, did not like it. They saw that the people tying the ribbons and piling the stones missed the point of the place. They were working from a more superficial level of understanding.

I find this type of situation often in Europe, especially in the U.K. The locations don't always have the fairy element but will have the ancient wise ones available to connect with.

They aren't at the locations but are connected with them. Bronze Age and earlier barrows are another type of place where it's easy to connect to these voices of wisdom.

The ancient ones watch and will give comment and wisdom to those who truly turn to them. But they do not change things. They are not affected by our world and the energy we put into it. Does that mean that the universal is constant and it is just this that changes? I think so.

So on a universal consciousness level, what happens here doesn't affect the deeper universal, where all knowledge is. We can destroy ourselves and not destroy the universal. We can destroy the planet or life as we know it, but not the heart of consciousness. What I am getting is that the universal doesn't really care that much.

We have free will as a species and what we do with the planet is up to us. We also have to take responsibility for what happens to us. Our actions, our words, and our energy affect those levels of awareness and spirituality that are influenced by humans.

As I see it, we have the responsibility to work for what is right and to call out hate, violence, bigotry, and so much more. We have the responsibility to work for change that benefits all of the human race and the planet. But the way we do this work will also affect all of us and the environment we live in.

Our emotions and actions will get into the psychic fields we live in. So for our own good and the good of others, we really need to do the work in a way that manifests wholeness, completeness, and love. But, no matter what we do, the universal consciousness and seats of wisdom will remain, steady, constant, and neutral. ◆

AuthorKarenFrazier.com

Visit the website of Karen Frazier

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10 Tools for Forgiveness

By Karen Frazier, Paranormal Underground Radio

Forgiveness sets you free. It's something I work on every day — choosing to let go of anger, hurt, and pain I feel others have caused me. Intellectually, I realize nobody has caused the pain — I'm choosing it. Sometimes it takes a bit longer for the heart and emotions to respond, but with work, I always get there eventually.

I can't remember who I heard say it, but this has always stuck with me. It was spoken to an adult survivor of child abuse, and I'll paraphrase here — "Your abuser stopped beating you years ago, but every day you're choosing to pick up the stick and continuing to beat yourself."

Are you continuing to beat yourself with a stick that someone else put down long ago? I'll say it again. Forgiveness sets you free. Forgiveness doesn't mean you have to allow a destructive person back in your life, but it does mean you release them from the destructive ties that are binding you. You can step away with love. Here are some tools to help in the process:

1. Close your eyes and imagine cutting the ties that bind you. As you do, say, "I release you." Then, surround them with Light. Do this as often as you need for as long as you need until you have reached a state of peace.

2. Picture the person you are struggling to forgive as a young child before all the pain began and send them unconditional love. Surround that young child with light and love.

3. Hold your hands over your heart center as you imagine the person you wish to forgive. Now look at their heart center and see the light inside of them that is the spark of the Divine. Imagine the light from your heart center meeting the light from theirs.

4. Focus on the heart chakra, which is where forgiveness begins. Meditate on the heart chakra, surrounding yourself in pink or green light of unconditional love. Then, bring the people you need to forgive into that light.

5. Use crystals that support unconditional love, such as rose quartz and rhodonite.

6. Ask yourself, "Who would I be without this thought?" about your anger or resentment. Then imagine what you would feel. Put yourself in the place of who you could be and how you could be empowered if you let go. For more, try Byron Katie's The Work (thework.com)

7. Ask yourself what good things the relationship with that person has brought to you. What opportunities or experiences has it provided you? There's always a nugget of something there, even if that nugget is you are now stronger or more resilient. This is a gift that person gave you, no matter how destructively you felt it was given.

8. Remember people almost always do the best they can with the tools they have right now. Sometimes, that doesn't feel like they are doing very well, and I get that. That is their path to walk. Don't let their path destroy you.

9. Let go of ego. How does holding anger, hate, or a grudge help you? If it doesn't, then choose to let go. It's always a choice.

10. Don't forget to forgive yourself.

One more time: Forgiveness sets you free. Put down the stick and move forward in love.◆

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Crystals and Their Effectiveness Against Electromagnetic Energy

By Jackie Chin, PsychicConnextions.blogspot.com

Did you know that everything over the temperature of absolute zero emits electromagnetic waves, also known as radiation? The term radiation is from the Latin *radiare*, "to emit beams." Just think of all the things we use daily for convenience sake: microwaves, cell phones, cordless phones, computers with both digital and wireless connections.

The Earth emits its own electromagnetic waves. This natural type of radiation is in the geomagnetic field. Humans have evolved in this type of environment and are reliant on it to protect them from solar and cosmic radiation. The Earth's frequency of this natural type is about eight cycles per second; while the average domicile is wired for 120 cycles per second.

All of this man-made radiation is having an effect on our physical and ethereal bodies. Side effects as a result of continued exposure include, but are not limited to: depression, loss of energy, irritability, inability to concentrate, weakened immune system, chronic fatigue, and headaches.

If these physical situations continue, it will lead to a weakening of the body's personal electromagnetic field, which can hinder the natural healing process.

Humans are affected by the electromagnetic radiation because our biochemical processes have molecules, ions, and atoms all inter-related. If any of these biochemical processes are interrupted, the body will become listless on all levels. Also, people who work in affected areas often experience paranoia, hallucinations, and other unpleasant symptoms.

There are a number of crystals that can be used to clear this electromagnetic smog from your workplace or living environment. I'll go through a few of them here.

Quartz crystals can be used to bring healing energy to ourselves and others.

Clear Quartz

Quartz crystals vibrate at a very controlled vibratory rate and (as many people don't realize), the vibrations can be amplified, controlled, and transmitted by the human mind. According to many metaphysical beliefs, with concentrated intention we can transmit the power of crystal to bring healing energy to ourselves and others.

Quartz acts like a sponge, which can draw in energy or exude energy, depending on the intention of the holder. It can be used to block and neutralize the electromagnetic waves. You can place a large piece of it where you have high emissions, such as near a microwave or Wi-Fi setup.

Smoky Quartz

Grounding spiritual energy and gently neutralizing negative vibrations, smoky quartz absorbs electromagnetic smog and detoxifies the living environment and both the

Amethyst aids inner alignment, balances inner body energies, and clears energy blocks.

physical and ethereal body. It lifts depression and promotes positive thinking.

Amethyst

Amethyst offers the steadiest and most powerful delivery of beneficial vibrating frequencies into the living environment. Amethyst also aids inner alignment, balances inner body energies, and clears energy blocks.

This crystal also aids sleep, improves mood and depression, enhances relaxation, and balances the ethereal body.

Black Tourmaline

A popular metaphysical stone, black tourmaline is also great for grounding. It balances, harmonizes, and protects all of the chakras.

Use Black Tourmaline to protect against electromagnetic "smog" (i.e., cell phones, computers, etc.), radiation, noise sensitivity, and other such disturbances.

Fluorite

Fluorite both grounds and integrates ethereal energies. It draws in negative energy and stressors, as well as electromagnetic energies. It is grounding, dissipates emotional energies, and helps to clear living space. It is particularly effective in absorbing negative influences within the environment.

In order to obtain the right crystals for your living space, go to a gem and mineral show or your local metaphysical shop and personally handle each piece you are considering. Your ethereal body will instinctively know which crystals you need to re-balance your body, mind, and spirit.◆

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THE SNORING GHOST

By Willie Windwalker Gibson, www.shamanwindwalker.com

Not all ghost stories are scary. In fact, some turn out to be funny. The story I am about to tell you falls into the humorous category.

My investigative team, called The Soul Warriors, is made up of clergy, psychics, and technology specialists. We only takes the worst of the worst cases, and we are only called upon as a last resort to handle a case. I put this team together about five years ago, and while some of the members have changed over the years, I have basically kept the same concept when choosing new people for the group.

* * * * *

It was March 2011, and I got a call from a woman who said she was having a problem in her home. She said that there was activity, and that whatever was there in the house was bothering her grandchildren. I told her I would get my team together and we would get to her sometime the next day.

Right away I started calling the Soul Warriors team members together and told them we had a case involving children. We place children-involved cases at the top of our list.

The next day my team and I arrived at the woman's house. It was a huge, old-style, wooden home. It needed paint, and the grass was dead in front of the house. I got out of my car and told the rest of the team to hang back until I could sense what we were getting into.

I walked up on the porch and knocked on the door. The door swung open, and there stood a little, old lady. She reminded me of Aunt Bee from *The Andy Griffith Show*. I told her my name, and she told me to come in. I entered the home, and right away I could feel the psychic

energy coming from all directions of the house — a give-away that there were a lot of spirits about.

The woman said her name was Edna Wilson and that she and her two grandchildren, both girls, lived there. The girls were seven and nine years old.

Edna told me that she had been in the house for more than 20 years and nothing really scared her. She said that there were noises, but nothing scary. She told me that up until three years ago, she had ran the home as a rest home where she kept as many as six elderly people there in the house. She had the basement converted into bedrooms for the elderly boarders.

I asked Edna if there were there still boarders at the house. She said there weren't, and the last boarder died two years earlier. It was at that time she got custody of her two granddaughters.

Edna said that it was also around this time that she started seeing shadows, hearing moans, and seeing orbs of light in the home. She said that one of her granddaughters heard laughing and felt something touch her shoulder. It was at that time that Edna decided to call in a team to investigate. She saw the Soul Warriors on the Internet and called me.

I told Edna I had my team outside and that we would look around and investigate. I opened the door and motioned for the team to come in.

* * * * *

I introduced my team members to Edna and asked her what the most active part of the house was. She said the basement. The team and I went to the basement. It was dark, but I found a light switch near the steps and turned the light on.

The basement was huge, and it had six stripped-down hospital beds sitting side by side with curtains between each bed. One of my team members asked me what was going on. I told the team the house was a nursing home at one time. In fact you could still smell urine reeking throughout the basement, apparently from the former tenants. It was really warm too, because the furnace was in the corner.

We set up the video and audio equipment and turned off the lights. Then we started asking questions — the usual, "Is anyone there?" etc. We sat there in silence for about 10 minutes. Then we started to see flashes of light. Orbs started flying around, and we could make out what appeared to be a floating head of a man. Our equipment was all aimed at the head. Once again, we asked, "Who are you?" There was no reply.

Then, the head faded away. The team remained calm and waited for something more to happen.

It was then that we started hearing a very distinct noise. It sounds like someone was snoring. I asked my team members if anyone was asleep. Everyone answered that they were awake. The snoring sound kept on; it was loud too. It was a noise that was surely someone or something snoring.

I took the flashlight and looked around the basement to see it if was a pipe rattling or air escaping from something. Everything was secure. I asked, "Who is snoring?" The noise kept going ... "*ZZZZ ZZZ ZZZZ.*"

We all started to laugh at the snoring. I shouted,

"Wake up!" The snoring stopped.

I wondered if it could have been residual snoring from a previous tenant, but it stopped when I shouted, "Wake up!" — which indicated an intelligent haunting.

We sat there for about five minutes listening, and sure enough the snoring started again. We all laughed and went on with the investigation. We investigated for six more hours, but the only activity we got was the snoring.

* * * * *

Morning came, and we started to break up the investigation. I told Edna that it would be a good Idea if we would do a cleansing on the home to see if we could get rid of the problem. The team and I did the cleansing, including in the basement. I told Edna that we would review the evidence and get back with her.

My tech person took the evidence, and to his surprise could not pick up the snoring on the audio. We did capture the orbs of light but no floating head.

I called Edna to see how the house was doing. She told me things were quiet and peaceful. I told Edna to get rid of the beds in the basement, and she said she would. I told Edna I thought the house would be OK now.

She agreed and thanked me and the team for the help.

This story is true; we did hear snoring in the basement. Do ghosts sleep? Good question. Every case is different. Every case tells a different story. ◆

Dream Interpretation:
Moving and Leaving Treasures Behind

By Karen Frazier, Paranormal Underground Radio

A friend sent me a dream to interpret recently — one that I appeared in. Read on to find out about what moving and leaving treasures behind means in your dreams:

The Dream:

Dear Karen,

"My husband and I were moving from our rented house, and we had decided to leave everything (well, almost everything) behind. You had arranged for our departure for some reason with our landlord.

"So, on the last day we were to have been moved out, you and I went back to the house to make sure everything was OK. But when we got there, I kept finding the house filled with treasures I couldn't believe I left behind. I kept finding jewels and crystals and glass figurines and a Victorian loveseat, etc. I kept saying, "I can't leave this behind.

"So I kept stacking up things to take with us, saying my husband could come and move it for us. But you kept saying the landlord was there and we had to go. We didn't have enough time to move any more things with us.

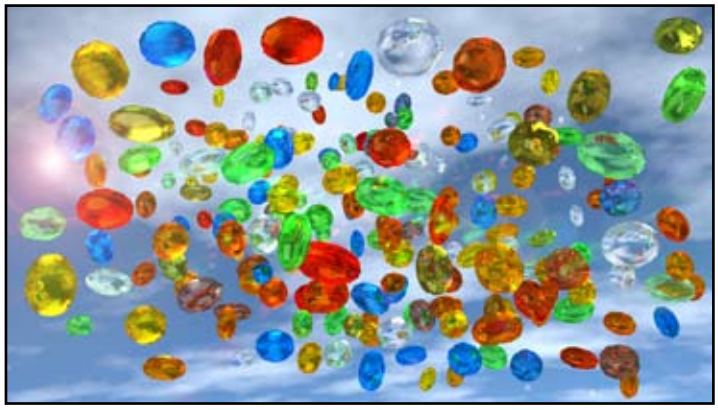
"The one thing I was most upset about was that I couldn't find my travel diary (one I hadn't used since childhood) to take with me.

"It was so real and so heartbreaking to leave all those treasures behind."

—Anonymous

Dear Anonymous:

First, moving and racing to pack/leaving stuff behind is a pretty common dream. I have a recurring version of this, which makes it kind of funny I appeared in your dream. :D



People

Let's start with the symbols and people in the dream. Remember, in this case all people are actually aspects of yourself. So the people in the dream:

- Me
- Landlord

Me

Who I am in your dream would depend on which aspects of yourself you relate me to. Make sense? So it's interesting that I'm the one telling you that you just need to move on and leave stuff behind. What aspect of yourself (that you relate to me) is suggesting it's time to leave things behind that you no longer need?

These things, to which you hold so much emotional attachment, clearly no longer serve you, and there's a part of you that understands this and is suggesting you move on without hesitation or looking back.

I also arranged your departure with your landlord. So let's look at what the landlord might suggest, and the part of you that you relate to me is the one who is the catalyst for this moving on.

Landlord

Your landlord is also an aspect of yourself — in this case, the aspect of self that must remain in control. It's your rational side.

Me Versus the Landlord

Here's what I suspect, and I could be wrong. You know me as being pretty spiritual and metaphysics-y, so I'm wondering if perhaps I represent your spiritual side here? If that's the case, then your spiritual side is suggesting to your controlling and rational side that it's time to leave behind things that no longer serve you and move on. You especially want to cling to things from the past and your childhood (a travel journal) that you clearly no longer use — but you don't want to let go of them.

Spirit is suggesting to your rational side now is the time to let go of these "treasures" from the past. Are they really treasures? Do you even use them any longer? Do they serve you in any way? Your controlling and rational side, however, wants badly to retain these treasures.

Theme — Moving and Packing

So the theme of the dream is moving and packing. Moving dreams (and packing dreams) represent a desire for change. You got both symbols. Perhaps you really, really desire change?

Setting

The setting of your dream is a house (a rental house, which is by its very nature temporary). Houses represent the self. So this dream suggests you are longing for changes in your very self from a temporary state to something new.

Objects

There are several objects you mention, as well:

Jewels

Jewels represent rising to success.

Diary

This is a representation of thoughts and feelings from the past.

Crystals

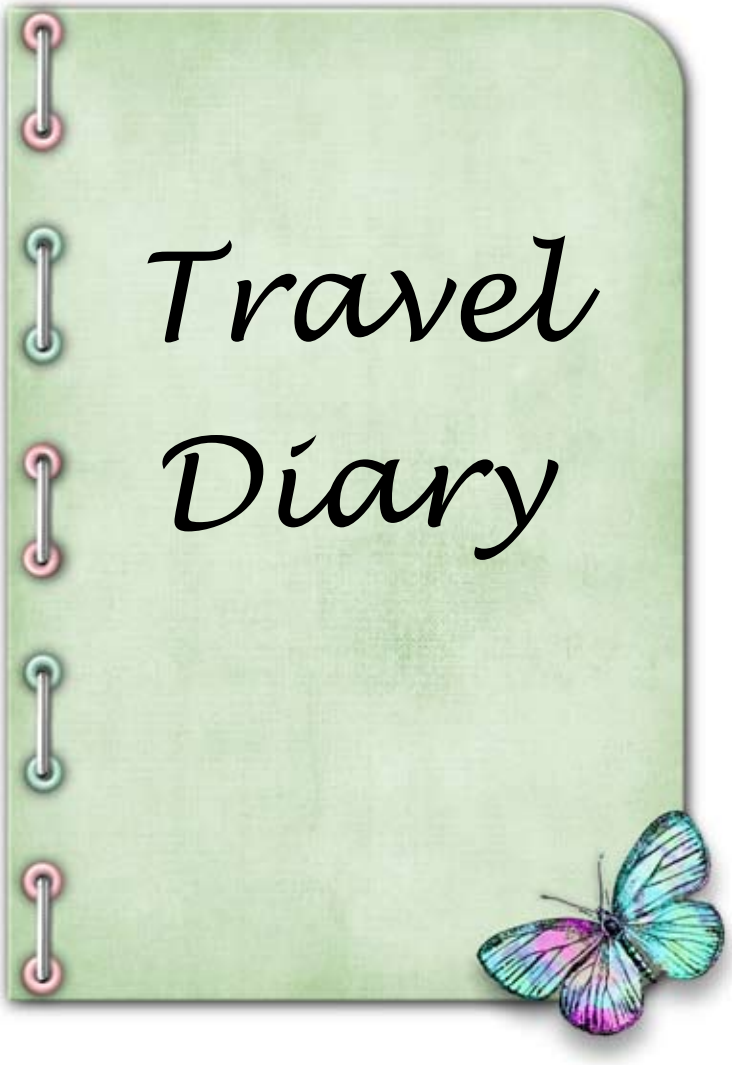
Crystals represent looking to the future.

Furniture (Antique Loveseat)

Furniture represents the desire to please others.

Putting it All Together

Your spirit is encouraging you that it's time to move



forward and leave behind things from the past that your rational self is still clinging to and retaining. These include thoughts and emotions from the past, worries about the future and success, and your desire to please others.

Spirit says, "Let go and move forward from this temporary situation." Your rational self, however, really wants to retain all this stuff — and it's fighting the urging of spirit with deep emotion because letting go of things we hold on to that no longer serve us can be an emotional process.

So I'm all for listening to spirit over rational, but it's up to you. What are you holding on to and why? Perhaps it's time to let go of these things (and properly mourn doing so if you need) so you can truly soar.

—Karen

Do you have a dream that you'd like to have interpreted? Email editor@paranormalunderground.net with a detailed description of your dream, and Karen Frazier will interpret it for you. Dream submissions can be anonymous, and we'll send you the interpretation back via email. ◆

The Real Science Behind *Zombies*

By Krystle Vermes, getspooked.net

If a real-life zombie apocalypse were to strike Earth, would you be prepared to handle it? A new study suggests that humankind would not be ready if the undead were to strike.

Study: We Wouldn't Stand a Chance in a Zombie Apocalypse

A group of students from the University of Leicester used the SIR model to conduct a study that yielded our odds against zombies. The SIR equation is typically used by researchers to project the spread of disease. "S" stands for susceptible people, while "I" stands for the number of infected people. "R" represents the number of recovered individuals.

In the case of this report, "S" represented the susceptible population, "Z" was used for the zombie population, and "D" stood for the dead population. The average lifecycle of a zombie would be S to Z to D in this report.

The students determined that if zombies were really to rise from their graves, they could each find one person each day to attack. Furthermore, they would have a 90% chance of infecting the victim.

At the end of 100 days, there would be approximately 273 survivors, compared to the 7.5 billion people on the planet at the start of the apocalypse. However, it might be worth noting that the researchers did not initially consider birth and death rates, nor did they account for our ability to fight back against the zombies.

Perhaps we're not entirely doomed, but the study undoubtedly spooks those who have watched a good zombie movie in the past. What is it about the undead that gets under our skin?

A Real Fear of Real People

As it turns out, the dead factor doesn't necessarily translate into a direct fear of zombies, according to one researcher. A project by Stephanie Lay of Open University found that we generally have a fear of "near-human" faces. This is why the simplest of human figures — puppets, masks, and blank eyes — have an effect on us while watching a film.

Lay studied 3,000 people and found that there was widespread "repulsion" at faces that resembled humans.

"People are used to seeing and processing human faces and objects, but seeing an eerie, near-human blended image such as a zombie is something entirely new," said Lay. "It may be that our normal processing mechanisms are not being engaged for these faces, causing the unset-

tling effect when people want to like a near-human face but realize something is wrong."

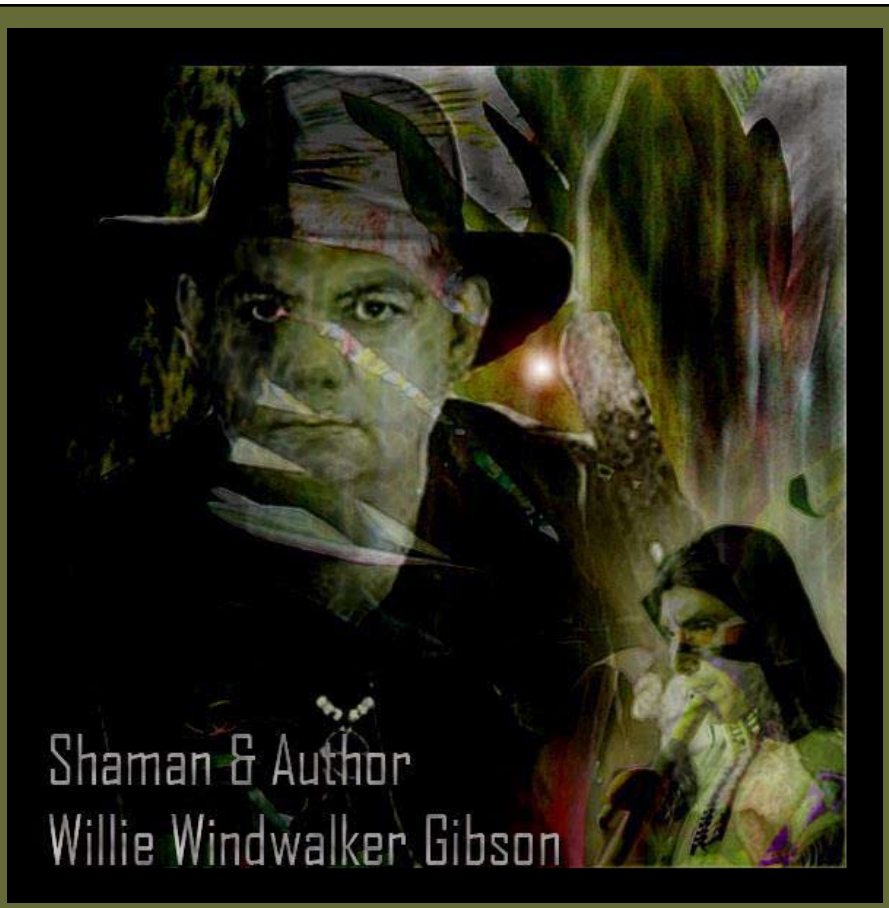
However, there are some psychological theories as to why we don't respond positively to zombies, in particular. Lynn Alden, a professor of psychology at the University of British Columbia, shared her opinion with the *Vancouver Sun*.

"Zombies are linked, in our culture, with death, and we probably evolved to avoid dead and diseased bodies because people who are around corpses are likely to pick up disease," she told the publication.

And as for that apocalypse? Well, the researchers from the University of Leicester don't seem to believe that all hope is lost. In fact, they concluded that if survivors learned how to avoid or fend off the undead, they might actually stand a good chance of overcoming zombies.

In one variance in the formula, a researcher determined that if the zombie population is wiped out in about 10 days, the human population can begin to recover within 10 days. Not so bad, right?

For more information about the University of Leicester student report, visit: http://www2.le.ac.uk/offices/press/press-releases/2017/january/zombie-apocalypse-would-wipe-out-humankind-in-just-100-days-students-calculate. ◆



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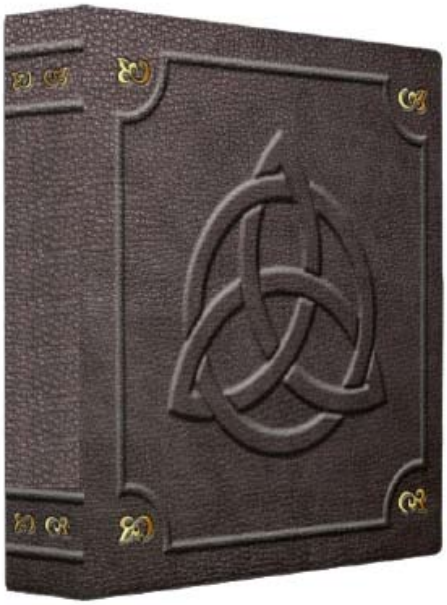
CREATING A BOOK OF SHADOWS

By Winter M. Balefire, WinterBalefire.com

The August and September 2016 issues of *Paranormal Underground* magazine shared information on the aspects of and differences between a *Book of Shadows* and a grimoire. This month, I'd like to share my own experiences with the *Book of Shadows*. It is a very important tool when it comes to working with any type of magic.

A *Book of Shadows* is a book magic practitioners can use to document all of their magical workings and outcomes. You do not have to be a certain type of practitioner. Pagans, Wiccans, shamans, and druids all have a way of record keeping.



Book of Shadows vs. Grimoire

Many people believe there really is no difference between a *Book of Shadows* and a grimoire. Some feel a *Book of Shadows* is more personal than a Grimoire. However, a Grimoire is more for full spells and rituals, while a *Book of Shadows* holds all your personal experiences and notes about your magical path.

How to Create a Book of Shadows

You don't need a fancy, large, embroidered book from a local metaphysics shop to start with. One of the most popular ways to create a *Book of Shadows* is with a simple three-ring binder. This makes it easy for organization. You'll be able to add, remove, and rearrange pages as needed.

First and foremost, the book you choose to use will need to be consecrated like all your magical tools. You'll need to remove all previous energy and replace it with your own. How you choose to do this is entirely up to you. Each practitioner has their own ritual they like to perform.

Another common question is if a *Book of Shadows* can be digital. In these modern times, this may be an easier method. And that's fine. However, it is believed that writing your own *Book of Shadows* by hand helps with transferring your energy into the book.

Some practitioners choose to write in a magical alphabet. Unless you are completely fluent in these alphabets, this is not considered to be very practical when you need to quickly reference something.

Whichever way you decide to document, be sure to have a title page, your name, date, and a page to write a blessing for your book — this can also be a dedication to a certain deity if you prefer. If you are part of a coven, you may need to copy your initiation ceremony here as well.

What Should I Put in My Book of Shadows?

Every practitioner's *Book of Shadows* is different and very well should be. There is no right or wrong way to construct this tool. There are a few common suggestions.

The Wheel of The Year is something to make use of, as well as Sabbats, celebrations, and festivals you acknowledge. Also include a list of deities, gods, and goddesses you honor and work with in spell casting and your personal notes on each. You may also want to keep a table of moon phases, color meanings, and uses for crystals and herbs, as well as their healing properties.

If you practice divination, you can keep a list and diagrams of tarot spreads, scrying sessions, or pendulum work. For the kitchen witch, be sure to write down all your recipes and magical ingredients. When you are feeling crafty, make notes and even drawings of any poppet, dream pillow, magical soap, or candle you create. Include what you used to create it, what purpose it will serve, and what the outcome was once it was utilized.

Another important section to create is a dream and meditation journal; you can be as detailed as you like. Keep note of any symbols or themes that recur in your dreams. Many practitioners also keep a list of books they have read and studied in the magical arts and how they have helped in their journey.

Finally, spells. Document your spell work, how you prepared, how you performed, how you closed, and the outcome. Did the spell work? Or do you feel you need to tweak it a bit?

Anything and everything to do with your craft goes in these pages. This is why a three-ring binder is useful. You can create sections, use colored tabs, and be as organized as you like for easy and quick reference.

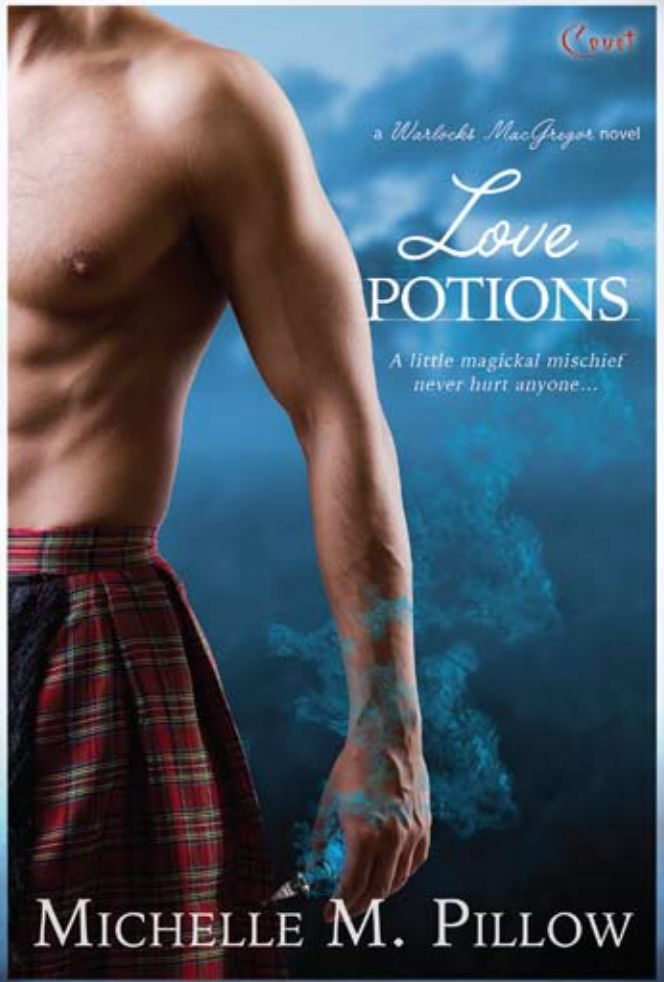
Is There Anything You Shouldn't Put in a Book of Shadows?

There are a few rules when creating and managing your *Book of Shadows*. Of course, this isn't the place for "Dear diary, I had a bad day." If it doesn't have to do with your spiritual path, it doesn't go in the book.

Also, never write anything with the intent of ill will or harm to yourself or another. No curses, no hexes, and no hateful speech.

Remember, this is your book. No one else should be writing in it or using it besides you. Each person's relationship with the magical arts is very different, so no two *Book of Shadows* will be the same.◆

Erik MacGregor, from a clan of ancient Scottish warlocks, isn't looking for love…until he moves in next door to Lydia Barratt.



COVET

www.MichellePillow.com

Healing a Broken Heart With Tarot Cards

By Alan D.D., tintanocturna.blogspot.com

Over the years, I've had a few relationships that became toxic and unhealthy. And as a person who has been dealing with depression for more than five years, opening up to others hasn't been easy. And when I finally do open up to someone who ends up breaking my heart, I often scold myself for trusting them.

It sometimes seems like a giant cycle: meet, like, ship, break, cry, repeat. However, instead of getting caught up in the depression and long-term pain, I've learned to use magic to change my world. It took me a long time to learn this was possible and include it in my practice, because I had this idea that magic was supposed to help others, not me. But after thinking about it, I created a simple spell that helped me during the healing process.

Before I share this healing spell, it's important to remember that magic is not a tool to change the Universe, but it can provide some help for you or others. Magic can provoke changes and materialize the witch's will from the inner to the outside world.

Now, the spell I will be telling you about is a Neo-pagan-oriented spell, with points of view that reflect the Earth-based religion. Read a little on the topic, think about it, and if you feel you connect with that spiritual path, go ahead with the spell.

On the contrary, if you don't understand it or something seems strange, search for someone who may clarify your doubts. It is never a good choice to do something without a basic understanding of the matter.

When, What, Where?

The best time to perform this spell is at night, during a Crescent Moon. Specifically, if we focus on the healing aspect of the spell, perform it during a Waning Moon to leave the past in the past, or Full Moon for a middle point between both sides of the magic.

It may sound obvious, but keep in mind you will need a lonely room with no distractions and no one around to bother you. If you live with someone, ask them to keep quiet while you work. Put your cellphone on mute, and operate in a quiet place.

Also, besides the Tarot deck, preferably one you have been using for at least four months or one that is familiar with your energy, you'll need a pink quartz, a gray or white candle, and a picture of you, alone, with no one else in the image. The more recent the photo is, the better.

Additionally, I don't use reversals while working with tarot. Instead, I prefer to see an overall meaning for the card, including the positive and negative side of each. Obviously, we'll be focusing on the positive with this spell, as we want and need to feel better.

We will need only four cards from the deck that represent the desired process, but feel free to add more cards if you want to. Consider also using The Fool, The Magician, The Chariot, but definitely not The Lovers. Leave this one away as it may lead you to think: "I want to be in a relationship," "I need him/her to come back," or something similar, which is far from the real goal this spell is supposed to have. Besides, you do not want to deal with the negative effects it may have on your emotional health to have a false relationship achieved by magic and not natural chemistry.

What to Do?

If you don't have an altar, use a common table. From the deck, place the Three of Swords (bottom left), the Knave of Swords (upper left), the Knight of Wands (upper right), and the Ace of Cups (bottom right), as pictured on the previous page. As you see, the amethyst is on the left, your picture in the center, the pink quartz on the right side, and the candle behind the photograph.

Following a straight line, the amethyst provokes a change in yourself (the picture) in love matters, represented by the quartz. And the candle, if gray, will cut and eliminate the problems, or if the candle is white, it serves as an element to keep the energy's balance.

First, light the candle saying, "Keep me balanced, keep me straight, and may magic do as I say." Then after placing each card, say, "Heal these wounds inside my heart, heal now, hear my command."

For the amethyst, a simple, "Create, transform, and destroy. Clear my head and clean my heart" will work; and do the same for the quartz. Leave the photograph as the final one, and, after placing it, try to be as sure as you can be while saying, "Leave the past in the past; help me see my present and not to cry; and open the door for those who may be meant to come."

After that, take a moment to think and say aloud everything that is bothering you, and don't keep any of that inside. And even if it sounds like you're describing a person or need to say a specific name, go ahead. The spell has already served its purpose as a messenger, and this is just an addition to take that weight off you.

Keep going as long as you can until you can no longer think of things that are bothering you. Repeat as much as you need to and stop when there's nothing else inside. If you feel completely clean or feel a significant difference compared to how you felt when you started, then you're done.

Now What?

After the candle is consumed, collect and store everything back in its rightful place, and go on about your day, just like any other day. Magic will take some time to have the desired effect, but never think that it will be the answer to your problems.

Magic is just a help, a bonus for the witch to have better and quicker results, if performed correctly, but it's not a definite solution. Keep doing anything else that helps you in the healing process, and don't just depend on this spell in order to feel better.

We all know that to have a broken heart is not an easy situation, and even spells take their time to manifest, so be patient and keep going on with your life the best you can. I promise you will feel better, even if it looks like the world is crashing down.◆

The Old Sardis School: Part 2

By Bob Fountain, spectraltech.org

For Part 1 of this article, see Paranormal Underground magazine's January 2017 issue.

A year after I helped with the old Sardis School renovations, I was back in Memphis telling one of our new disaster response members some of the stories, not knowing he was a member of a paranormal group.

At the time I was not investigating in any group, and he invited me to join the group he was with. This group wanted to have an investigator's class for newbies, and I suggested the school might be an ideal location to teach the class. We set a date, and I made sure everything was unlocked and the group had full access to the building.

As training classes went, it was a disaster. Most of the trainees had watched far too much television and went from trying to channel the spirits through their own bodies to provoking them with obscenities. Most of them treated it like a party more than an investigation. I was grateful when it was over.

One good thing came out of this fiasco. At one point several of these people were standing down the halls and throughout the auditorium with K-II Meters. We could see the K-II Meters lighting up in a pattern, as if someone was walking down one hall, through the auditorium, and then down the other hall.

This was also picked up on an IR camera as an orb. This was the same pattern of the footsteps you can hear when it is late at night and quiet. Apparently, it was not the floors settling, but a residual imprint or someone with a set pattern.

The other piece of information that was helpful was that we kept having batteries drained repeatedly in the boiler room, which was downstairs and located behind the cafeteria. I now had an idea of where "Fred's" home base was located. (Fred was the nickname given to the resident spirit that roamed the school.)

At the old Sardis School, the mystery of the building's most active spirit was finally solved, thanks to some research and the town's senior citizen center.

A year later I became a member of the Spectral Tech paranormal investigation team. During the period between the training class and my involvement with Spectral Tech, we were fortunate enough to discover the possibility of who "Fred" might actually be.

The town's senior citizen center had several pictures of the school that included the staff. Scott was able to identify one of the staff members as the man he saw by the stage in the auditorium, and his son said it was one of the men in the picture who he saw walking down the hall a few days later.

There were no names on these pictures, but this person was one of the janitors of the school who also

In the school's auditorium (pictured above), apparitions have been seen and objects have been moved by unseen hands. During renovations of the school, paranormal activity was reportedly at its height, as the resident spirit didn't like messy rooms.

took care of the boiler and heating. He had been dead for several years.

The spirit's need to stack chairs, getting upset at making messes when changing rooms, and walking the halls made sense. "Fred" was still the school's janitor.

A Spectral Tech Investigation

Spectral Tech decided to do an investigation based on what we had learned. So we went to the school on a night when it was so cold the water standing in the sink was frozen. In the winter months, we usually shut off the water and do not try to heat the building to keep overhead costs down.

Often, you do not get much during an investigation in these conditions, since any entities present have little to pull energy from. This night was no exception. As far as K-II or EVPs were concerned, we got little and decided to wrap up early before we froze to death; however, whatever was there apparently did not want us to leave disappointed.

Upon reviewing my recorder we had left in the coal room where the boiler room is located, I got a voice. I had mentioned at the end of our EVP session that apparently there was nothing there and we needed to leave. I did not realize I had not turned off my recorder and set it on a shelf while I was shutting and locking the doors to the boiler room.

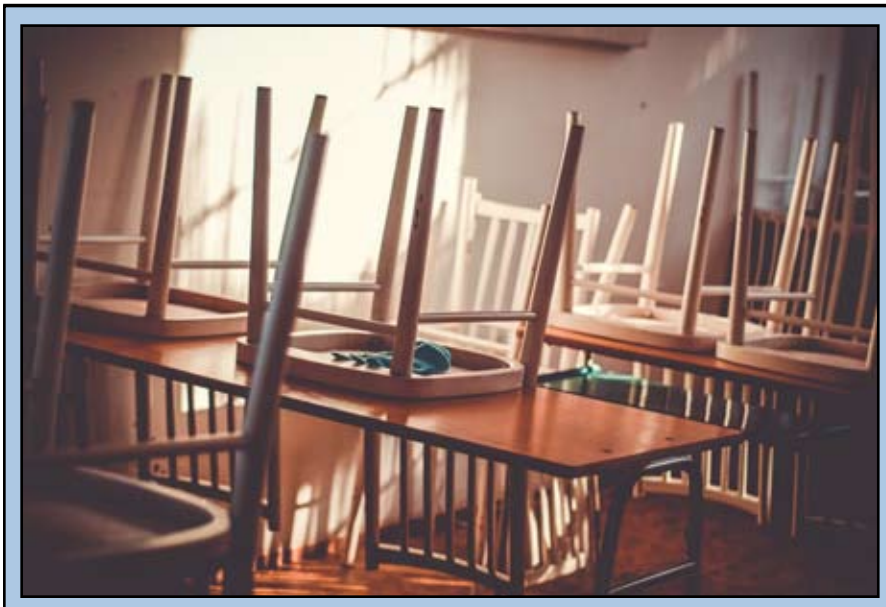
I later heard a voice on the recorder that apparently said, "Idiot, I'm in the rear."

Before we left, we made sure all the classroom doors were closed, because our disaster response group was having classes the next morning. I personally made sure all the doors were closed. While I was closing doors, Nick, one of our Spectral Tech members, was outside warming up his vehicle. He watched as one of the steel outer doors began opening on its own.

> **He watched as one of the steel outer doors began opening on its own.**

Because of the cold, these doors had to be pulled hard to open and close to begin with when we arrived. He came back in to investigate but found that there was no one anywhere near the door that had just opened.

The next morning when I returned for our classes,



At the old Sardis School, visitors and workers report hearing doors rattle, having odd feelings like they are being watched, and finding objects moved inexplicably.

Scott asked why I left all the doors open when I knew we were keeping them closed to maintain what little heat we had.

When I told him I had closed then myself, and he told me to look down the hall. Every one of the classrooms doors was wide open.

Finding "Fred"

Activity has continued to this day. The most recent activity was when we held a disaster training course in April 2015 with 20 students. After the first day of classes, we had an impromptu dance and party before we bunked in for the night.

Since I have been banned from ever trying karaoke again, I had nothing better to do, so I went down to the basement coal room with a K-II Meter and my smartphone as the class celebrated in the auditorium upstairs.

As soon as I entered the coal room, I felt the same presence I had felt several times before. When I asked if it was there in front of me, the K-II Meter lit up and I felt a chill running down my right arm. I took two quick pictures with my phone and saw a light streak on the second picture I took.

After looking at it, my first impression was that it was lens flair. I was ready to discard it but instead kept it and later showed it to two professional photographers I know. Both told me that based on the conditions of the environment when the picture was taken, it could not have been lens flair and they could not explain what it was.

The morning after our classes and before I left the area, I was having breakfast at the only restaurant in town and started talking to our waitress about some of the things we had experienced over the years at the school. She said she went to the school before it closed.

I described the apparition that Scott and his son Shawn had seen, and she said that it was most likely a man named Doug.

She said Doug was one of the staff at the school and was a very nice man. She said he always seemed to know when a child did not have anything to eat for lunch and would have a little extra to make sure they were fed.

She further said that Doug had a room of his own behind the cafeteria because he took care of the heating. That room is the boiler and coal room.

In Conclusion

Personally, I believe that the school still has a kindly "janitor" named Doug that still watches over the school and is not too happy with the "living" changing his school and creating the messes that he still feels he is responsible to clean up.

Although Doug is still watching out for the school, we have no intention of asking him to leave.

Occasionally, other entities come back to visit the old school as well and perhaps give Doug some company.

During the Spectral Tech investigation, the K-II Meter went to red in one of the old classrooms downstairs when we asked if anyone was there. It again went off when we asked if it was one of the teachers.

Scott was there late one afternoon and had just finished some work in a kitchen area we had developed across from the auditorium. As he was standing there getting ready to leave and looking at the day's work, he heard the voice of a little boy that said, "Good job."

Our goal is to continue to develop the building for the city and community so they have a safe place for them to go during any disaster. Hopefully, Doug will continue to watch over the building and protect those he looked out for over many years and for those who need to be there for the years to come.

As for Spectral Tech, we plan on setting up some future classes for the paranormal minded along with overnight stays in the completed dorm rooms. And if Doug is in a playful mood, everyone will wake up to stopped watches, something I have experience myself while sleeping overnight at the school. ◆

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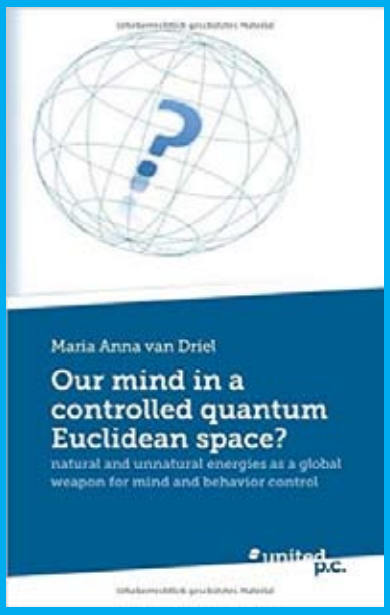
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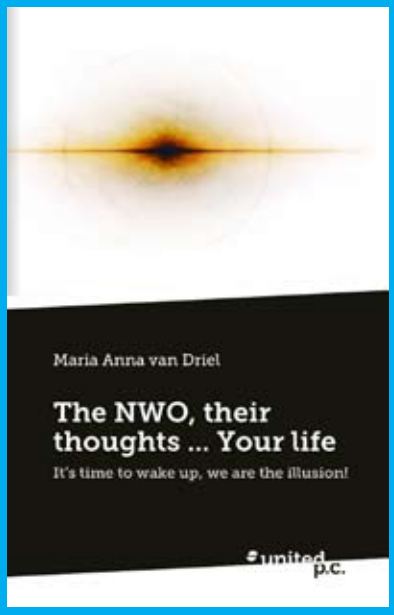


'Dead Eye: A Tiger's Eye Mystery':

By Alyssa Day

Q&A by Michelle M. Pillow, MichellePillow.com

Alyssa Day is the pen name (and alter ego) of Alesia Holliday. She is the *New York Times* and *USA Today* best-selling author of the *Warriors of Poseidon* and *Cardinal Witches* paranormal romance series and the *Tiger's Eye Mysteries*, a paranormal mystery series.

Her many awards include Romance Writers of America's prestigious RITA award for excellence in romance fiction (as Alesia Holliday) and the RT Book Reviews Reviewer's Choice Award for Best Paranormal Romance novel of 2012.

When she's not creating in her paranormal worlds, Alyssa is a busy mom to two children, the wrangler to three rescue dogs, and the wife of a retired "Navy Guy."

We recently talked with Alyssa about her new book *Dead Eye*, from the *Tiger's Eye Mystery* series, as well as her personal experiences with the paranormal. Continue reading to find out more!

* * * * *

Q: In your book, *Dead Eye,* you explore a shape-shifting tiger who moves home to a town filled with magical misfits. What inspired you to write about this?

Alyssa: Most of the paranormal books I've read are about the best of the best — the alpha shifter, the king of the vampires, the most powerful witch, etc. I like to take a deeper look at the more ordinary characters in life, and I wondered what it would be like to have a town filled with the supernatural misfits of the magical community.

I created Dead End, Florida, just for them. Jack Shepherd, the tiger shifter who comes home to Dead End after leading a national rebellion was one of the stars of

Alyssa Day was born in Biloxi, Mississippi, and spent her childhood moving around the world with her family and U.S. Air Force dad. She lived in such varied places as Colorado, the Philippines, Alaska, Turkey, Texas, Ohio, Illinois, Michigan, and Wisconsin. She worked as a trial lawyer in three different states before becoming a writer.

my *Warriors of Poseidon* series, and I'd left him broken-hearted and alone at the end of that series, so he needed a new gig.

Q: Are you a paranormal investigator?

Alyssa: No, but I'm friends with one! And she worked it out so we could use the old Clay County jail in Green Cove Springs, Florida, as one of the settings for the music video we filmed based on the original song "Every Time You Read My Mind," which was written about my book *Atlantis Rising*.

This jail has been featured on more than one ghost hunting TV show, and she swears she hears several of the ghosts talking to her (she works there as the archivist).

You can see more about the jail here: http://www.hauntedplaces.org/item/old-clay-county-jail/. You can check out my amazing music video (we had a director who has shown in Cannes!) here: vimeo.com/14114282.

Q: Why do you think readers are fascinated by the paranormal?

Alyssa: Because there is always that chance of something other. Something that scratches at the edges of our awareness, screaming and howling to be let in — trying to force its way into the crevices of our sanity.

It's fun, and safe, to read about the paranormal in the warm comfort of your home, with the doors locked and the lights on, just in case.

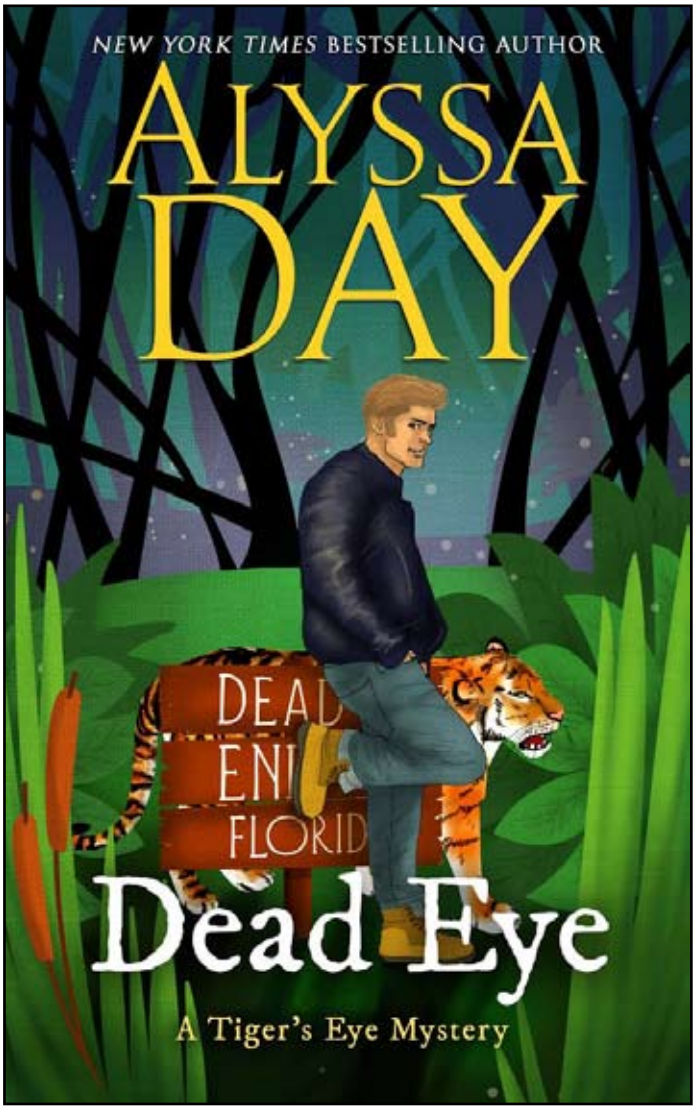
Q: What are your favorite paranormal shows, movies and books?

> "IT'S FUN, AND SAFE, TO READ ABOUT THE PARANORMAL IN THE WARM COMFORT OF YOUR HOME."

Alyssa: Wow. I have too many to even list. I've been binging *Stranger Things* on Netflix this week. I love *Grimm* too (Monrosalie!) and am really looking forward to *Timeless*.

Books, again, far too many to list, but Jacqueline Carey, Charlaine Harris, and Christine Feehan are on my keeper shelf. On my Kindle, I have more than 800 books in my paranormal file — including some Michelle Pillow dragon shifters — so it's kind of crazy!

Q: Have you ever had a paranormal experience?



"For Jack Shepherd, tiger shape-shifter and former soldier, life is heading for a dead end. Dead End, Florida, to be exact. When he learns that he inherited a combination pawn shop/ private investigation agency from his favorite uncle, Jack's first job is to solve his uncle's murder. Because sometimes it takes a tiger's eye to see the truth."

Alyssa: No, but I keep hoping! I've gone on ghost tours in New Orleans and St. Augustine, but my left-brained, lawyer, scientist brain might keep me from tuning in to the otherworld.

Q: What kind of paranormal creatures do you wish you could meet?

Alyssa: Dragons! And preferably one I could ride! And shifters, and vampires, and unicorns. Really, aliens, too, as long as they didn't want to probe me.

I'd love to visit another planet with a different species. I am 1000% sure we are not alone in the Universe.

Pictured above at left, Alyssa's zombie apocalypse food stash. Above at right, Alyssa is at the old Clay County jail in Green Cove Springs, Florida, during filming for a music video based on the original song "Every Time You Read My Mind," which was written about Alyssa's book *Atlantis Rising*.

Q: If given the chance, would you become a vampire?

Alyssa: Only if I could get the cool super-strength, super-speed, look good for all time parts. I am nocturnal, anyway, and think how fast I could type my books!

Q: How would you react if you came face to face with a ghost or vampire?

Alyssa: Knowing me, first I'd be cynical that someone was pranking me. When I figured out the ghost or vampire really was standing there, I'd want to interview him or her for book research!

"When I figured out the ghost or vampire really was standing there, I'd want to interview him or her for book research!"

Q: What does the future hold for the *Tiger's Eye Mysteries*?

Alyssa: I've been working on the third book in the series, *Evil Eye*, but it's going more slowly than I'd hoped. I've been battling depression for a very long time, and it's trying to win this year. But Depression Lies. It's not going to get me!

Q: Have you ever been to a psychic?

Alyssa: Yes! I have the funniest story: My first (and only) psychic experience was going with a friend who convinced me that her psychic was brilliant, and I should have a reading.

I finally did, kind of for a laugh, but the woman didn't want to do my reading. She told me she was the "Eeyore" of psychics; she always only saw the bad stuff, and nobody ever wanted to pay her! (Doesn't say much for my friend, in retrospect, LOL.)

When she finally did the reading, she told me that my then-fiancé was cheating on me. I laughed and told her she was so very wrong. Sadly, she was so very right! To this day, I hope that woman got into a job that made her happier than delivering bad news to people!

Q: How feasible is a zombie apocalypse?

Alyssa: Totally feasible. I have already begun preparing by packing bins with food.

Q: Choose your fate: Would you rather face being abducted by menacing aliens or the face imminent threat of zombies?

Alyssa: Zombies! And hope I'd meet Daryl Dixon and Rick Grimes around a corner one day.

Q: Why do you write paranormal novels?

Alyssa: Because in all the land of "what if?," paranormal fiction is "what if?," on a giant scale. And my imagination soars at the possibilities!

* * * * *

To learn more about Alyssa Day and her work, visit http://www.alyssaday.com/. ◆

Photo by Joe Bertoldo

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The Search for Extraterrestrial Life in the Universe

Excerpt from 'The Search for Extraterrestrial Life in the Universe' by Obaidur Rahman

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Since ancient times, when humankind first learned to look at the stars and mused over the majestic grandeur that this colossal Universe celebrates, man has always wondered whether he is absolutely alone or if there is life on distant planets, perhaps somewhere far and deep in the galaxies and possibly beyond.

In those olden nights, when the sky was clear and visible, unlike our present-day fogged and tainted urban sky laden with many different kinds of pollutants, our ancestors would speculate about the possibility of life on other planets, hoping to find a clue here and there, now and then, on the grand possibility that life exists not just here on Earth but elsewhere in the Universe as well.

And the search continued. For thousands of years, since the time we, the people, learned to reason and apply logic in our everyday existence, all of us at one point or another wondered about the possibility of extraterrestrial lifeforms, possibly even intelligent ones too.

And with the application of science and steered by the blessings of modern-day technologies, the search for life on other planets continues with a heightened energy that has opened up many incredible windows in the sky and made this ancient quest more thrilling. Any day now there might just be that press conference by the NASA elites that would say, "Ladies and gentlemen, we are not alone in this Universe."

* * * * *

In the meantime, let's notice a remarkable aspect about our own planet. The strangest thing about this 4.54 billion-year-old dear Earth of ours is that whatever we need to survive and flourish as a species and as a civilization, all of that can be found here on this magnificent blue planet. And this truly makes this third planet from the Sun unique and so far, spectacularly, one of a kind. And given the astonishing significances of our planet, it was the ancients' belief that our planet Earth was the center of the Universe. But this idea, somewhat quite selfish, couldn't stand the test of time.

How this revolutionary idea that Earth is not at the center of the Universe came to be is a fascinating one. It all began on January 7, 1610, when the esteemed Italian astronomer Galileo Galilee aimed his telescope toward the planet Jupiter and noticed

three small "stars" near the planet, one of which was off to the west and the other two were to the east, all lying in a straight line. The observation from the subsequent nights revealed that all three "stars" were now positioned on the west of Jupiter, however, still in a straight line.

On January 10 of that year, he noticed that one of them had disappeared, and Galileo suspected that the missing star was perhaps located behind Jupiter. These stars were in fact three of the Jupiter's four largest satellites, i.e., moons, Io, Europa, and Callisto. And on January 13, Galileo discovered the fourth one, Ganymede. Today we know these four satellites of Jupiter as the Galilean moons.

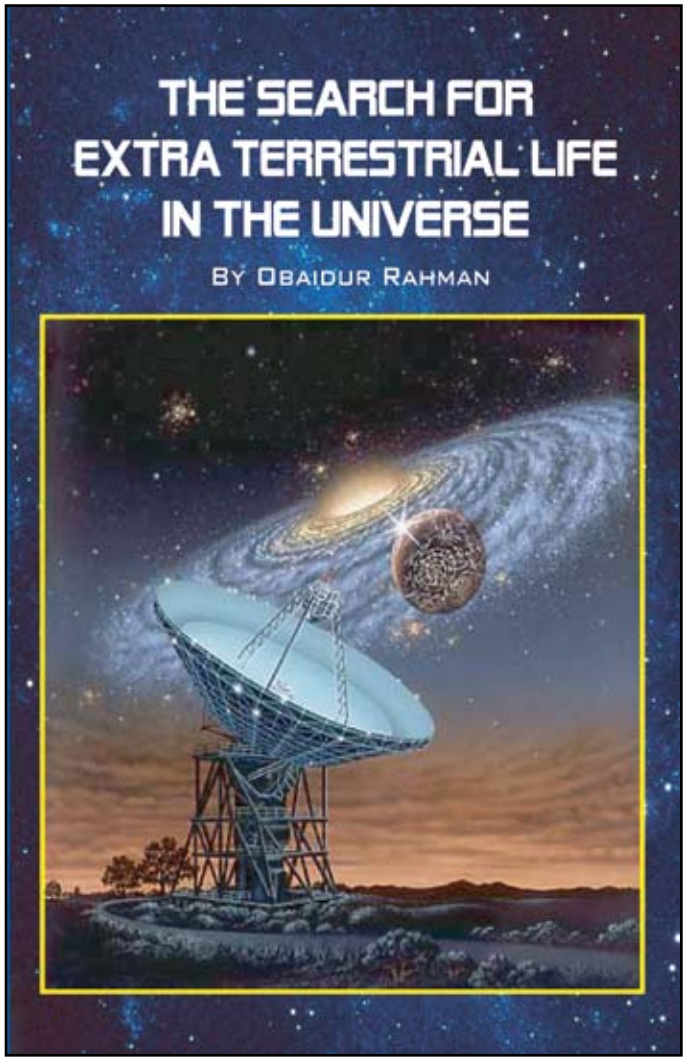
Vigilant observations of these supposed stars led Galileo to this revolutionary conclusion that these were in fact small satellites orbiting around the planet Jupiter. And this finding was very contradictory to the traditionally held geocentric view of the Aristotelian cosmology, which stated that Earth was at the center of the Universe and all heavenly bodies circle the Earth. But the course of the four moons of Jupiter firmly convinced Galileo that Earth, in fact, was not at the center of the Universe, and he resolutely echoed the Copernican heliocentric view (developed by the polish scientist Nicolaus Copernicus around 1543) that Earth is just a planet orbiting around the Sun, which is at the center of the solar system.

Galileo's stance on Copernican view further strengthened when he observed the full set of orbital phase of Venus, which he found to be similar to that of the Moon. Before that it was traditionally believed based on Ptolemy's geocentric model that the orbit of Venus was specifically placed entirely on the near side of the Sun. But Galileo's telescopic observation of Venus' orbit around the Sun made this Ptolemaic astronomical model invalid, and it is believed that this crucial finding made a significant contribution for the transition of mankind's astronomical approach from geocentric to heliocentric point of view.

* * * * *

Now in regard to how Copernicus came up with his heliocentric idea in the first place, which influenced Galileo in his own research, needs to be addressed briefly. Research has found that mathematical techniques for planetary motions — developed in the 13th–14th Centuries by noted Muslim astronomers, like Mo'ayyeduddin Urdi, Nasir al-Din al-Tusi, and Ibn al-Shatir — closely resemble some of those used later by Copernicus in his heliocentric models.

And many say Copernicus's heliocentric model was a rendition of existing ideas developed by the olden astronomers, including Muslim ones, from the previous centuries. For example, noted Persian scientist Fakhr al-Din al-Razi (1149–1209) opposed the Aristotelian idea of the Earth-centric Universe and instead argued that there are thousands of worlds beyond this world to the extent that each one of those worlds are bigger and more massive than this world, as well as having the similarities to that of this world. This also clearly indicates early scientists' interest in extraterrestrial life and intelligent civilizations across the Universe.



It is now scientifically acknowledged that Earth isn't even at the center of the solar system. In fact, the solar system that we are in is not even at the center of our galaxy, and our galaxy is no way in any special position in contrast to the rest of the known Universe.

So, from an astronomical viewpoint, Earth is not enjoying any privileged position in space even though she is a remarkable planet herself. And given the vast arrays of stars, galaxies, and planets that decorate our cosmos, chances are there ought to be beings like

→

us, residing on some distant planet, out there far, far away, marveling on the uniqueness of their own planet themselves.

* * * * *

The fact is, at the end of the day, this 15 or so billion-year-old Universe of ours is pretty big. From what is scientifically understood, there are more planets out there than all the sand grains combined in all the beaches of Earth! And that is indeed quite a number. So, from an astronomical viewpoint, sadly, Earth is not enjoying any privileged position in space. If life only thrived here on Earth and nowhere else, then clearly such colossal nature of the Universe seems like an awful waste of space.

From what is understood about our known Universe, it may be infinitely large and ... be one of many universes that are possibly out there in the vast regions of space and time. So, life popping up only on planet Earth and nowhere else in this massive cosmic existence does not sound entirely logical. Let's consider Hubble Space Telescope's (HST) findings in this regard that perhaps could provide some light into this mystery.

According to this American space telescope's finding, which was launched on April 24, 1990, there are at least 125 billion galaxies in the Universe and counting, at least 10% of all sun-like stars have a system of planets, and there are billions of stars with planets orbiting them in the Universe.

And if even a billionth of these stars have planets that support life, then there are around 6.25 billion life-supporting solar systems in the Universe. And with that many life-supporting solar systems, chances are there are planets like Earth out there that support life and all that it requires for that life to flourish and evolve.

According to professor Stephen Hawking, one of the most brilliant minds of our time, given that there are more than 100 billion galaxies out there, each containing hundreds of millions of stars, the thought that the systematic evolution of life only took place here on Earth and nowhere else is somewhat impractical.

In 2010, in a TV series for the Discovery channel, this is what the world-renowned theoretical physicist had to say about the issue. In his own words, "To my mathematical brain, the numbers alone make thinking about aliens perfectly rational. The real challenge is to work out what aliens might actually be like."

It is Hawking's speculation that, as far as our own solar system is concerned, most extraterrestrial life would be similar to microbes or small animals that could exist beneath the Martian surface, where liquid water is thought to trickle through the rock. And massive marine creatures could also conceivably exist as well in the oceans underneath the mile-thick icy layer of Europa, one of Jupiter's four moons.

But what lies beyond our solar system is a whole different story. According to many experts, along with Hawking, if there is a scientific census of the rest of the Milky Way and beyond, the odds in favor of extraterrestrial life's existence would rise dramatically.

With all the speculations and the possibilities, what might the extraterrestrial lifeform actually look like? Are they going to look the way Hollywood routinely projects alien lifeforms, with violent imaginaries and devastating implications upon contact? Or would they be something different, something that even our most ingenious minds haven't been able to sketch yet?

Only time will tell; however, astrobiologically (the study of the origin evolution, distribution, and future of life in the Universe) speaking, there are many arguments on what extraterrestrial life would be like.

There are some who believe that all life is like life on Earth — carbon-based lifeforms — while there are others who believe silicon and even ammonia-based lifeforms could exist on other planets. There are two accepted hypotheses regarding the origin of extraterrestrial life, one of which proposes that it may have emerged independently from different places in the Universe. The alternative one, the Panspermia hypothesis, a concept that goes back as far as 5th Century BC, says that life emerges from one specific location and then spreads between habitable planets.

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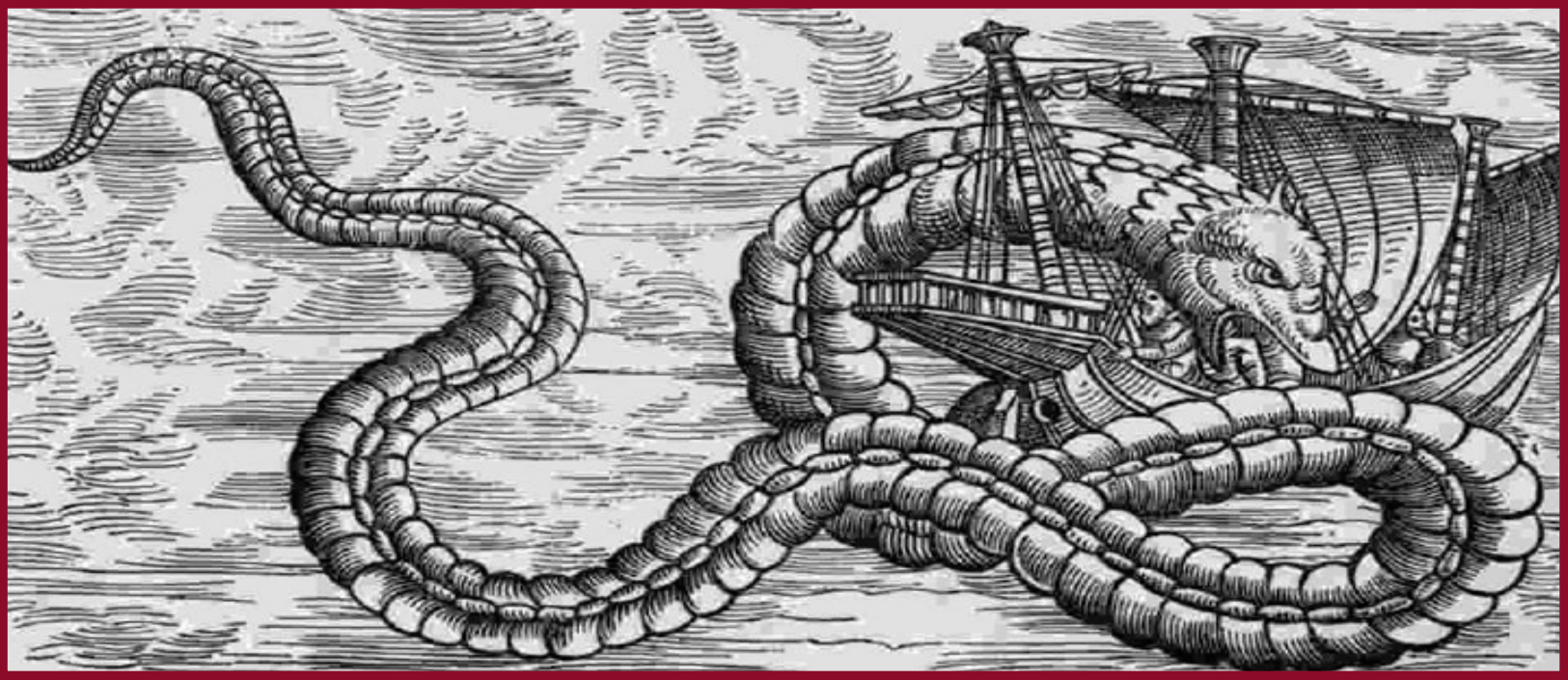
To read more from 'The Search for Extraterrestrial Life in the Universe' by Obaidur Rahman, visit http://extraterrestriallifeintheuniverse.blogspot.com/. ◆



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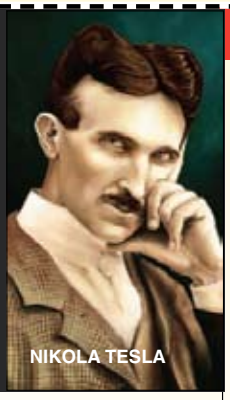
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THE COLLECTIVE REALITY WITH NIGHT TERRORS AND SCARY MOVIES

By Rainbow Radaelli, TruthSeekerHighway.com

As night descends, turning dusk into a veiled blackness across the sky, creepy crawlies come out, seemingly summoned by an unseen force. Nighttime seems a bit scarier nowadays, because in our world of shadows, what hides in the corners of our subconscious is the darkness of our fears. Morning light seems to be our refuge from the occasional night terror, but it's only a reprieve until nightfall comes calling again.

So I have to ask, what changed our world into a dark and sinister place within the past 50 years?

Our conscious connection to the subtle and delicate dictums of society sets us apart from animals in the sentient forests. They don't seem to fear the darkness, because they are a part of its existence. Humans have endless and notorious ways to conjure up imaginary fiends, and because such refined detail is put into such a menacing envisage, they instinctively breathe life into their depicted nightmares.

Our imaginations can open up to the most horrific of images and thoughts and yet at the same time create such beautiful reflections of inner tranquility. So what is it about the dark side that is so attractive to society, and why are horror flicks so popular?

Movies where evil wins have become a mainstay in society to such a point that I think there is a subliminal message encoded that numbs the senses and impairs the mind. These tedium types of scripted flicks are accepted because people, who are subjected to subliminal messages over and over again, find comfort and familiarity within its confines without knowing why.

Funny, though, how people want the bejeebies scared out of them but only in the company of friends. Being alone would make it seem more real than a feigned story thanks to the overactive imagination that in a moment's notice can go into overdrive.

What happens to this mindset when people go home from scary movies? Do subliminal messages keep the horror alive in the mind days, weeks, or months afterwards? Wouldn't this allow for people to inadvertently take home the very seeds of programming that perpetuates an agenda that has everything to do with a perception that isn't theirs?

Wouldn't different frequencies come into play here too? What would affect our brains in such a way that we wouldn't really notice our perception being altered? Maybe it starts in the beginning months of targeting a specific group based on their age or gender. This means, the movie trailer for any horror flick could attract viewers in such a way that they would be compelled to go to a movie without knowing they were triggered. Subliminal messages to me are just another fancy word for mind control.

There are two parts of the brain that I think factor in here. One is the pineal gland, which some say is our third eye or the seat of the human soul, and the other is the pituitary gland, the size of a pea that is referred to as the master

Rainbow Radaelli weighs in on how she believes scary movies, and the like, are affecting society at large. (Photo by Vivien Skrupskis)

gland. The pineal gland produces melatonin, which regulates body rhythms, including day and night cycles. It's important for that deep, restful sleep that we need, called REM.

The pituitary gland controls growth and development and the functioning of other endocrine glands. It sends signals to different organs, regulating their function. It has a big job, and if anything goes haywire, we can tell by our bodies feeling off.

The reason why I brought these two specific glands up is because I believe they are affected by subliminal messages and frequencies directed at us while we are on our computers, watching TV, listening to the radio, or watching movies. As you can see, both glands are vital to our wellbeing, which is why I believe they would be vulnerable if targeted.

Give the masses what they want, and they definitely don't need any coaxing; they adhere to the hidden, silent, and unconscious signals lurking within close proximity to their subconscious. The ruse this type of encoding offers is a false sense of relaxation and respite.

Even though television, computers, and video games offer an escape, we need to think about why in the first place there is a desire to leave our everyday reality. There definitely is a problem when we want to disassociate from our surroundings, allowing our world to be overshadowed by the illusion of a controlled respite.

We are our own enablers in a way, because escaping from our reality doesn't change the fact that it is forever waiting for us when we return. Is the pill of consequence easier to swallow if we drown our reality in a myriad of non-consequential and anecdotal plots that give us no more meaning to our lives then the mundane feelings of boredom we are so desperately trying to escape from?

Horror flicks tend to give people a fatalistic ending that doesn't necessarily relate to real life. Obviously, there are scripts based on real life stories, but it seems Hollywood always wants to blur the facts into frenzied and chaotic half truths. It seems that if the story is close enough to the truth, people buy into it. *The Blair Witch Project* is a prime example of people rushing to conclusions. They thought what they were actually watching was real, only to find out after all the hoopla, that it was a contrived script, but one that was well done.

Since the pineal gland regulates our sleep pattern, I would think watching horror flicks would affect its efficiency in doing so. Night terrors are playgrounds where shadowy minions tend to work overtime but only after we turn off the lights.

Let's face it; with darkness surrounding us as we all try to fall asleep, it's only natural to focus on the images of the intense moments of any scary movie. Melatonin

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would be a hard-pressed commodity since every little sound or movement would invade the darkness, keeping us awake. If the pineal gland is the third eye, wouldn't it be best to focus on endings where good wins over evil. If this type of dark subliminal message is so ingrained into people's subconscious, does it beckon them toward a dark and obscure reality?

Since the pineal and pituitary glands yields are so beneficial to a person's wellbeing, I would think that any type of mind control or subliminal encoding would hinder their role in maintaining a healthy body and mind. Perhaps this is the whole point: Healthy people in mind and body aren't as easy to control.

"I literally saw a vampire in the living room when I got up to use the bathroom ..."

I remember when I went to go see a vampire horror flick with my cousins when I was eight years old. We went to a local drive-in movie theater where the large screen made it all too surreal. It scared the heck out of me, and I knew at that moment, vampires were real. I had every stress symptom imaginable as a child, because the graphic images were just too much for my naïve and impressionable mind.

Many hours later, I literally saw a vampire in the living room when I got up to use the bathroom at my cousin's house. He stood there staring at me, and I let out a blood curdling scream. I can't say it was one of those fight or flight responses, because I was literally paralyzed with fear. This traumatic experience made me wonder what happens to our bodies every time we go to a horror flick and get scared. Does getting gray hair in my early 20s count?

Think about the collective way in which messages are delivered to people's subconscious. It seems like horror movies always have hidden messages in the background of various scenes. It's almost like the subconscious is aware of what's going on way before a person can absorb what they just watched.

There are social and economical statements in some movies that focus on specific topics, but I wonder if people really understand what they are watching, especially when they are squeamishly anticipating the next scene. Horror seems like a really weird way to get across any type of statement, but maybe the emotional impact these flicks have on people sets them apart from other types of movies. A feel-good movie would seem like a better option to get a specific message across, especially one that embraces hope and victory over iniquity.

Consider all the movies out there that have sequels depicting scenarios where evil lives on. Here's some movie trivia for you: There were 10 *Halloween* movies made. *A Nightmare on Elm Street* has nine movies to its credit. *Night of the Living Dead* genre has seven. *Friday the 13th* has a whopping 12 sequels, so I bet there is a 13th around the corner. You obviously get the picture, which brings me to my point: Writers can keep evil plots alive long after they themselves are six feet under. How many times can something come back to life? It not only becomes nondescript but rather ridiculous in a clichéd way.

Humanity seems to understand the good versus evil genre, especially with the idea that good comes from God and evil comes from the devil. Look at the two words and you can see each word comes from the name of its origin.

I wonder if people understand that perpetual images and messages that imprint despondency and dread onto our subconscious can do harm. If we don't become aware that we are being bombarded with these kinds of repetitive messages and signals in movies, television, or video games, there will be a price to pay down the line.

It's important to remember our health stands in the frontline besides the receiving end of negative and terrifying responses. If I take this feeling home, this is exactly the way negativity thrives and lives on.

It's important for us to notice what attracts us to the movies; is it intrigue or a marketing type of hypnosis with an agenda?

Maybe scary movies are a perverse way people make sure they can distinguish between a fabricated tale of someone's ominous demise and their own mundane lives. In life, there doesn't seem to be a definitive line drawn between either reality because sometimes legends and stories exist together, intertwining fact with fiction.

Our emotions seem to be the intermediary correlation between how we feel about something versus how we react to it. This is where change has to take place, because down the road of self awareness there comes a time when we all have to grow up and allow the darkness to be what it is and to understand that the light is where we really want to be.

Since I know that I could write my own scary movie that leaves nothing to the imagination, it comes down to if I want to see life in its full brilliance or wander around in the darkness waiting for the shadows to come to life. Horror buffs can have the night terrors and minions lurking over their shoulders; I'll go for no sequels where repetition dulls the senses and a dose of melatonin that makes the obscure darkness fade into a good night's sleep.

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